

Weight and Health Monitor

Date:										
Weight Height BMI Measurements: Waist Hips Chest Left Thigh Right Thigh Left Calf Right Calf Left Upper Arm Right Upper Arm Feeling: Energy Level? Sleep Quality? Happiness? Stress level? Body Systems: Resting pulse Pulse Strength Blood Pressure Blood sugar										

To calculate your BMI, take your weight in kg and divide it by your height in meters then divide this by your height in meters again.

For body system stats, take these first thing every morning so they are consistent - they will be different in the afternoon, depending on your day's activities.