

Biometric Results

Date: _____
 Name: _____
 CellPhone: _____
 DOB: _____
 MSU ID: _____

Fasting: Y N

Check here if you are pregnant:

Systolic Blood Pressure: _____ mmHg

Height: _____ ft _____ in = _____ in

Diastolic Blood Pressure: _____ mmHg

Weight: _____ lbs

Total Cholesterol: _____ mg/dl

Waist Circumference: _____ in

HDL Cholesterol: _____ mg/dl

Hip Measurement: _____ in

LDL Cholesterol: _____ mg/dl

Waist/Hip Ratio: _____

Triglycerides: _____ mg/dl

Body fat%: _____

TC/HDL Ratio: _____

Body Mass Index (BMI): _____

Fasting Glucose: _____

Cotinine results: _____

Blood Pressure:

	Systolic (Top Number)	Diastolic (Bottom Number)
Normal	<120	<80
Pre-hypertension	120-139	80-89
High Blood Pressure		
Stage 1	140-159	90-99
Stage 2	>160	>100

Blood Test Reference Ranges:

Total Cholesterol (TC)

Desirable: <200 mg/dl
 High: 200-239 mg/dl
 High: ≥240 mg/dl

HDL Cholesterol

Desirable:
 Female >50 mg/dl
 Male: >40 mg/dl

LDL Cholesterol

Optimal: <100 mg/dl **Borderline**
 Near Optimal: 100-129 mg/dl
 Borderline High: 130-159 mg/dl
 High: 160-189 mg/dl
 Very High: ≥190 mg/dl

Triglycerides (TRG)

Normal: <150 mg/dl
 Borderline High: 150-199 mg/dl
 High: 200-499 mg/dl
 Very High: ≥500 mg/dl

TC/HDL Ratio

Female: ≤ 4.5 mg/dl
 Male: < 5.0 mg/dl

Glucose

Normal-Fasting: <100 mg/dl / Non-Fasting <125mg/dl
 Pre-Diabetes: 100-125 mg/dl
 Diabetes: ≥ 126 mg/dl

Waist Circumference:

Female: <35" Male: <40"

Waist/Hip Ratio:

Female: <.86 Male: <.95

Body Fat%

	Age	Low	Normal	High	Very High
Female	20-39	<21.0	21.0-32.9	33.0-38.9	>39.0
	40-59	<23.0	23.0-33.9	34.0-39.9	≥40.0
	60-79	<24.0	24.0-35.9	36.0-41.9	≥42.0
Male	20-39	<8.0	8.0-19.9	20.0-24.9	>25.0
	40-59	<11.0	11.0-21.9	22.0-27.9	>28.0
	60-79	<13.0	13.0-24.9	25.0-29.9	≥30.0

Body Mass Index (BMI):

Underweight <18.5 Normal 18.5-24.9 Overweight 25.0-29.9 Obese ≥30.0

Healthcare provider signature _____

**The above reference tables are based on the guidelines from the Department of Health and Human Services, The National Institute of Health, The National Heart, Lung and Blood Institute, The Center for Disease Control and Prevention and The World Health Organization