

# My Personal Profile

Name: \_\_\_\_\_

Today's date: \_\_\_\_\_

Age: \_\_\_\_\_

Height (in.): \_\_\_\_\_

Weight (lb.): \_\_\_\_\_ Waist size (in.): \_\_\_\_\_

**BMI:** Use the BMI chart on page 12 or use this equation:

$$\frac{\text{wt (lb.)}}{\text{Height (in.)} \times \text{height (in.)}} \times 703 = \underline{\hspace{2cm}}$$

## BMI ranges:

- < 18.5 = underweight
- 18.5–24.9 = normal weight
- 25–29.9 = overweight
- > 30 = obese

**My BMI indicates that I am:** (Please circle)

underweight   normal weight   overweight   obese

**My risk factors are:** (Please circle)

- high blood pressure (hypertension)
- high LDL cholesterol ("bad" cholesterol)
- low HDL cholesterol ("good" cholesterol)
- high triglycerides
- high blood glucose (sugar)
- family history of premature heart disease
- physical inactivity
- cigarette smoking

**My physical activity level is:** (Please circle)

sedentary   moderately active   active

- *Sedentary* means a lifestyle that includes only the light physical activity associated with typical day-to-day life.
- *Moderately active* means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.
- *Active* means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

**A healthy weight range for my height is:** (Based on the BMI chart) \_\_\_\_\_

**Estimated daily calorie needs, my goal:** \_\_\_\_\_