Personal Information

First Name ……..…… Last Name……..……..…….. Male [ ] Female [ ]

Month and Year of Birth (MM/YY):

Email address: ……..……..…….. Email Fitech Report ? Yes [ ] No [ ]

Medical History (please tick boxes that apply)

Personal history of Coronary Heart Disease	[ ]	Do you suffer from Diabetes	[ ]
Personal history of High Cholesterol	[ ]	Personal history of High Blood Pressure	[ ]
Are you Asthmatic	[ ]	Do you have any blood disorders	[ ]
Taking any medication for High BP or Cholesterol	[ ]		

Lifestyle Questions-Please state the following:

On a scale of 1-5 how active are you at work **[ ]** *Physically Inactive = 1 Extremely Active = 5*

On a scale of 1-5 how active are you in your spare time **[ ]** *Physically Inactive = 1 Extremely Active = 5*

Do you smoke? Yes **[ ]** If yes, when did you start smoking (mm/yy) **[ ]** How many do you smoke per day**[ ]**

*If given up smoking—How many did you smoke per day **[ ]** When did you start smoking (mm/yy) **[ ]***

*When did you give up (mm/yy) **[ ]***

How many days of the week do you drink **[ ]**

On average how many units do you drink per session **[ ]** Do you binge drink Yes **[ ]** No **[ ]**

On a scale of 1-10 how stressed are you **[ ]** *Not stressed = 1 Extremely stressed = 10*

On a scale of 1-10 how worried are you about your eating habits **[ ]** *Not worried = 1 Extremely worried = 10*

Consent

I agree to provide a finger stick blood sample for the purposes of monitoring my cholesterol or blood glucose at my own risk.

A drop of blood is required for the test and is taken from a finger stick sample, fasting is not required, however not eating or drinking (including caffeinated products/alcohol) for 1 - 2 hours before the test helps get a more accurate blood glucose reading.

This consultation can only provide general information and not personalised medical advice. We will not accept any liability arising from this consultation or any information provided to you as a result of it.

We have systems and procedures in place to maintain security and confidentiality and comply with the Data Protection Act 1998. We will store any information that you provide both on paper and electronically, in secure conditions. We may occasionally publish research or statistics about health at work generally. When we do this it will be compiled from data acquired from many different organisations and will not refer to named individuals.

Signed: ……..…… Date: ……..……

Test Results

❒ Height cm / Hip cm/ Waist cm / Weight Kg

❒ Body Fat: % Hydration: %

❒ Blood Pressure: / Resting HR BPM

❒ Total Cholesterol: mmol/l HDL: mmol/l Glucose: mmol/l

See reverse for ratings (examiner to circle rating)

Examiner Stamp

Next check due / /

Other Test:

Referred to GP Yes **[ ]** No **[ ]**

In accordance with National Clinical Guidelines against which we assess, I am referring this patient to you for further evaluation on account of the measurements and factors outlined above.

Serial #

Results Explained

Body Fat

An excess of body fat can increase the risk of heart disease, high blood pressure, diabetes, joint problems and other medical conditions.

% Body Fat — Men

Age	Under	Healthy	Over Fat	Obese
20-39	<7	7-19	20-25	>25
40-59	<10	10-22	23-28	>28
60-79	<12	12-25	26-30	>30

% Body Fat — Women

Age	Under	Healthy	Over Fat	Obese
20-39	<21	21-33	34-39	>39
40-59	<23	23-34	35-40	>40
60-79	<24	24-35	36-42	>42

Body Mass Index

Underweight	<18.50
Normal Range	18.5 - 24.99
Overweight	25 - 29.99
Obese Class 1	30 - 34.99
Obese Class 2	35 - 39.99
Obese Class 3	>= 40

BMI (Body Mass Index)

The Body Mass Index (BMI) rating is an indicator of total body composition. BMI is used to estimate the total amount of body fat, but it does not differentiate between body fat and muscle mass and may not accurately reflect changes in body composition.

Waist to Hip test

The waist to hip measurement gives a good indication of the distribution of body fat. Greater deposits of fat around the abdominal area can indicate a greater risk of Coronary Heart Disease and Diabetes Mellitus.

Waist to Hip Ratio

Gender	Male	Female
Normal	<-0.95	<=0.85
Borderline	0.96 - 1.0	0.86 - 0.90
High	> 1.0	>0.90

Total Cholesterol

Ideal	< 4
Desirable	4 - 4.9
Increased Risk	5 - 6
Undesirable	> 6

HDL (Men)

Undesirable	< 1
Desirable	>= 1

HDL (Women)

Undesirable	< 1.2
Desirable	>= 1.2
TC/HDL Ratio	<= *4**

*Total Cholesterol divided by HDL

Blood Glucose (NON FASTING)

Undesirable	< 4
Desirable	4 - 7.9
Increased Risk	8 - 10.9
Undesirable	>= 11

Cholesterol

Cholesterol is one of the two fats, which circulate in our bloodstream. Although our bodies make some cholesterol, another source is our diet. Too much cholesterol in the bloodstream can result in a build up of fatty deposits on the walls of the blood vessels. Measuring the amounts of cholesterol in the bloodstream gives some indication of the risk of developing narrowing of the arteries from a build up these fatty deposits.

Blood sugar, or glucose, is a measure of how much sugar is being carried in the bloodstream. Too much glucose in the blood is caused by a deficiency in the hormone insulin and may result in a condition known as diabetes.

Resting Heart Rate

Rating	Heart Rate Range
Excellent	< 55
Good	56 - 69
Average	70 - 84
Poor	> 84

Blood Pressure Rating	Systolic BP (mm Hg)	Diastolic (mm Hg)
Optimal blood pressure	<120	<80
Normal blood pressure	<130	<85
High-normal blood pressure	130–139	85–89
Grade 1 hypertension (mild)	140–159	90–99
Grade 2 hypertension (moderate)	160–179	100–109
Grade 3 hypertension (severe)	>180	>110
Isolated systolic hypertension (Grade 1)	140–159	<90
Isolated systolic hypertension (Grade 2)	>160	<90

Blood Pressure

Blood pressure is essentially the force of the blood flow through the arteries. Taking steps to keep blood pressure within the recommended ranges can reduce your risk of suffering from heart disease.

National Clinical Guidelines against which assessment made:
Blood Pressure: *The British Hypertension Society*
Blood Cholesterol: *Joint British Societies / National Institute of Clinical excellence*
Blood Glucose*: Diabetes UK*
Body Fat and BMI *: World Health organisation*