

Sisters Beating The Odds & Claiming Wellness

Name: _____

My Completion Date: _____

Your Personal & Confidential Results:

My Stats At A Glance....

Weight: _____ Height: _____

Text Screening	Stat/Result	Date
Blood Pressure Good = 120/80		
Total Cholesterol *Good = under 200		
LDL Cholesterol Good = under 129; With heart disease or diabetes below 70		
HDL Cholesterol Good = 60 or over		
Triglycerides Good = less than 150		
Glucose Testing Good = 64-126		
Pelvic Exam/Pap test		
Mammogram (if 40 or over)		
BMI (Body Mass Index/see chart)		
HIV/AIDS Test		
Hepatitis C Test		