HWFL
Healthy Weight For Life

Graduate Long Term Weight & Health Tracking Record ©

My long term goals are:

Weight: _____ kg

Waist circumference: _____ cm

BMI: _____ kg/m²

Healthy Weight For Life™ GRADUATE estore* discount code: *hwflgraduate*

Height (m): _____

Date	End of HWFL																
Weight (kg)																	
BMI (kg/m²)†																	
Waist Circumf. (cm)																	
Blood Pressure (mm Hg)‡																	
Total Cholesterol (mmol/L)‡																	
HDL Cholesterol (mmol/L)‡																	
LDL Cholesterol (mmol/L)‡																	
Triglycerides (mmol/L)‡																	
Blood Glucose (mmol/L)																	
HbA1c (%)‡																	

* Visit http://www.healthyweightforlife.com.au and go to Order Online
† If you need help calculating your BMI, go to http://www.healthyweightforlife.com.au/bmi-calculator.php
‡ These measurements should be conducted only when and if considered medically appropriate by your GP or diabetes specialist

phone 1800 226 180