

# KNOWING YOUR NUMBERS

Knowing your numbers in key health areas can show you how healthy you are, and where there might be potential warning signs.

## MY BIOMETRICS

HEIGHT	WEIGHT	AGE	WAIST CIRCUMFERENCE	GENDER <input type="checkbox"/> Male <input type="checkbox"/> Female
--------	--------	-----	---------------------	--

## BLOOD PRESSURE RANGES

<b>NORMAL</b> BELOW <b>120</b> — AND — BELOW <b>80</b>	<b>ELEVATED</b> <b>120-129</b> — AND — BELOW <b>80</b>	<b>HYPERTENSION STAGE ONE</b> <b>130-139</b> — OR — <b>80-89</b>	<b>HYPERTENSION STAGE TWO</b> <b>140+</b> — OR — <b>90+</b>	<b>MY BLOOD PRESSURE IS</b>  mmhg  mmhg
---	--	---	--	---

## FASTING BLOOD SUGAR RANGES

<b>NORMAL</b> BELOW <b>100</b> mg/dL	<b>PRE-DIABETES</b> <b>100-125</b> mg/dL	<b>DIABETES</b> <b>126+</b> mg/dL	<b>MY BLOOD SUGAR IS</b>  mg/dL
---	---	--------------------------------------	---

## TOTAL CHOLESTEROL RANGES

<b>GOOD</b> BELOW <b>200</b> mg/dL	<b>BORDERLINE</b> <b>200-239</b> mg/dL	<b>HIGH</b> <b>240+</b> mg/dL	<b>MY BLOOD SUGAR IS</b>  mg/dL
---------------------------------------	---	----------------------------------	---

## CHOLESTEROL TYPES

	<b>DESIRABLE</b>	<b>BORDERLINE</b>	<b>HIGH</b>
<b>LDL</b> “bad cholesterol”	<100	130-150	>160
<b>HDL</b> “good cholesterol”	>50	50-35	<35
<b>TRIGLYCERIDES</b>	<150	150-500	>500