

# HEALTH AND WELLNESS GUIDE

Your path to a longer, healthier life.

Name	X
Identification number	X
Date of birth	X

## Section 1: My Purpose

Why do I want to improve my health?

X

*"We all have a reason that motivates us to take care of ourselves.  
Come back to this section whenever you need to reconnect with your path."*

## MY PRIMARY HEALTH GOALS

Based on your goals, lifestyle, and health assessment,  
we will prioritize three objectives to bring you closer to your purpose.

	Health Goals	Why is this important?
1	r	
2		
3		



## Section 2: Results and Findings

### **2.1. SUMMARY: HEALTH AND WELLNESS INTEGRAL EVALUATION**

x

### **2.2. FUNCTIONAL MEDICINE APPROACH: MODIFIABLE LIFESTYLES AND DYSFUNCTIONS**

x



2.3. VITAL SIGNS AND BODY COMPOSITION ANALYSIS (INBODY)

PARAMETER		VALUE	INTERPRETATION / OBSERVATION
BODY MASS INDEX (BMI)			
BODY WEIGHT			
HEIGHT			
ARTERIAL PRESSURE			
CARDIAC FREQUENCY			
ANKLE-BRACHIAL INDEX			
ABDOMINAL CIRCUMFERENCE			
HIP WAIST RATIO			
PULSE OXIMETRY			
RESPIRATORY FREQUENCY			
INBODY			

Additional  
parameters

x



## 2.4. PHYSICAL EXAM: ORGANS / SYSTEMS

Cardiopulmonary	
Neurological	
Head	
Eyes	
Neck	
Abdomen	
Extremities	
Skin	



## 2.5. LABORATORY RESULTS

Systems and Functions

Cardiovascular System	Green	
Brain and Cognitive Health	Green	
Immune System and Inflammation	Green	
Vitamins and Minerals	Green	
Liver and Detoxification Processes	Green	
Hormonal and Endocrine System	Orange	
CKD-EPI (GFR)	Red	
ASCVD risk	Green	
TG/HDL	Green	
Others	Green	
Additional parameters	Green	



## 2.6. DIAGNOSTIC IMAGING AND ELECTROCARDIOGRAM

### EKG

X

### Images

X

### Others

X



### Section 3: Health Goals

Based on your personal goals, lifestyle, and health assessment, we will set three key objectives that will allow us to make significant progress toward your purpose.

**Goal #1**    **Achieve a 5% reduction in body weight through nutrition and exercise within a 6-month period.**

KEY RESULTS	KEY ACTIONS	FREQUENCY
1	1.1	
	1.2	
	1.3	
2	2.1	
	2.2	
	2.3	



**Goal #2** x

KEY RESULTS	KEY ACTIONS	FREQUENCY
1	1.1	
	1.2	
	1.3	
2	2.1	
	2.2	
	2.3	

**Goal #3** x

KEY RESULTS	KEY ACTIONS	FREQUENCY
1	1.1	
	1.2	
	1.3	
2	2.1	
	2.2	
	2.3	

— Progress happens through small steps. You're already on your way! —





## Section 4: Action Plan

### HOW WILL WE ACHIEVE SUCCESS?

At Sana Sana, we celebrate your commitment: we use health metrics to guide the most effective steps, but we also understand that your well-being goes far beyond the numbers. With your motivation and dedication, every small achievement brings you closer to a longer, fuller life.

*Together, we will turn healthy habits into everyday victories!*

1. **x**

METRICS	HOW DO WE MONITOR IT?	CURRENT	3-MONTH GOAL	6-MONTH GOAL

2. **x**

METRICS	HOW DO WE MONITOR IT?	CURRENT	3-MONTH GOAL	6-MONTH GOAL



3. x

METRICS	HOW DO WE MONITOR IT?	CURRENT	3-MONTH GOAL	6-MONTH GOAL

Section 5: Complimentary Labs and Clinical References

Labs

References

## Section 6: Follow-up and Frequency


Recording your goals allows you to measure your effort, recognize your progress, and adjust your targets when necessary. We recommend tracking this habit using any of the following methods:

Based on your medical evaluation, we suggest that our next appointment be in

x

If you have any questions or concerns about this guide, please don't hesitate to contact us.

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**We are here to support you on your journey toward better health.**

**Report written by:**

**Dr.**

**Sana Sana Doctor**

**Medical Code:**