

---

NAME

## LABORATORY 5 DATA SHEET

Metabolic Syndrome Criteria	
Marker	Measurement
Waist Circumference	
Fasting Blood Glucose	
High-density Lipoprotein	
Triglycerides	
Blood Pressure	

Bioelectrical Impedance Analysis	
Marker	Measurement
Fat-Free Mass	
Visceral Adipose Tissue	

Hemoglobin A1c
Measurement:

---

NAME

## LABORATORY 5 NOTES