

MY ELITE HEALTH CHALLENGE BASELINE

Welcome to the Elite Health Challenge! Take some time to record your baseline stats so you can clearly see your progress as you advance through the Challenge. Also, take a photo of yourself so you can have a baseline visual too. You may be very pleasantly surprised!

Although we have provided the space for you to record a complete list of baseline stats, you decide how thorough you wish to be in recording this information.

DATE: _____ WEIGHT: _____ BLOOD PRESSURE: (Systolic) _____ (Diastolic) _____
HEMAGLOBIN A1C: _____ HDL CHOLESTEROL: _____ LDL CHOLESTEROL: _____
TRIGLYCERIDES: _____ TOTAL CHOLESTEROL: _____ BODY FAT: _____

According to the American Heart Association, healthy blood pressure should be at or below 120 (systolic) and at or below 80 (diastolic). The American Diabetes Association considers an A1c of 6.5% or greater to be diagnostic of diabetes when confirmed by repeat testing on a different day. An A1c of 5.7 to 6.4% indicates an increased risk of developing diabetes. The American Heart Association also considers healthy HDL (Good) cholesterol to be above 40, healthy LDL (Bad) cholesterol to be below 100, healthy total cholesterol to be at 200 mg/dL or less, and a healthy or normal triglyceride level to be under 100mg/dL. A healthy Body Mass Index (body fat) is 18.5 to 24.9.

In addition to the information above, list all the ailments and health challenges you struggle with below – anything that “hurts” or annoys you. Write everything down that comes to mind. This helps you stay honest with your results.

If you are a sports and fitness enthusiast, record your run times, walking times, circuit training times and weights. Use the blanks provided to record your specific stats.

_____: _____

_____: _____

_____: _____

_____: _____

And last, before you begin, answer the questions below. It is exciting (and often remarkable) to compare the answers you give today with the answers you will provide in the upcoming weeks!

1. Overall, how are you feeling? _____
2. How much energy do you have throughout the day? _____
3. How well do you sleep? _____
4. Would you like to loose any weight? How much? _____
5. Do you experience cravings (salt, sugar and/or carbohydrates)? _____
6. Is it difficult to make good choices? _____
7. Are you “in charge” of your body, or do triggers and habits take over? _____
8. How confident are you that you can get the results you desire? _____
9. What improvements are you hoping to see in your overall health? _____
10. Do you want to become more active? _____
11. Do you have any cardiovascular issues? _____
12. Do you have any blood sugar issues? _____
13. Do your habits largely govern what you eat? _____

YOU CAN DO THIS!

Elite Health Challenge clinical results: improvements over diet & exercise alone (90 days)

