

Your Important Numbers

BP _____
Blood Pressure should be 120/80 or below

Height _____ in **Weight** _____ lbs

BMI (Body Mass Index) _____
Should be between 19 and 24.5. BMI identifies if you are at a healthy weight for your height.

Waist Circumference _____ inches

High risk for men is over 40 inches
High risk for women is over 35 inches



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