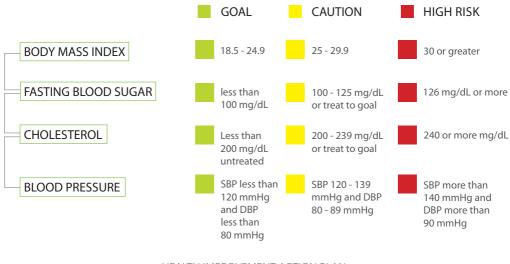
HEALTH IMPROVEMENT CARD

	Male () Female ()				
	Age 20-34 () 35-39 () 40-44 () 50-54 () 55-59 () 60	0-64 () 65-69 () 70-74 ()	
	Height () metres or feet	Weight () kilogr	ams or pounds		
	Waist circumference () cer	ntimetres or inches			
	Body mass index = (SI [metric] units)	$\frac{\text{weight (kg)}}{\text{height (m) x height(m)}}$	() kg/m²	
	OR Body mass index = (Imperial/US customary units)	weight (lb) height (in) x height(in)	x703 () lb/in²	
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Biometrics scorecard

- helps you track measurable risk indicators which could over time damage your health, potentially leading to cancers, diabetes, respiratory diseases, heart disease, mental health problems and oral diseases.
- allows your health professional to help support you with information, advice, treatments (when indicated) and care
- enables you to improve your health through your own personalised action plan



HEALTH IMPROVEMENT ACTION PLAN



For details, visit www.whpa.org









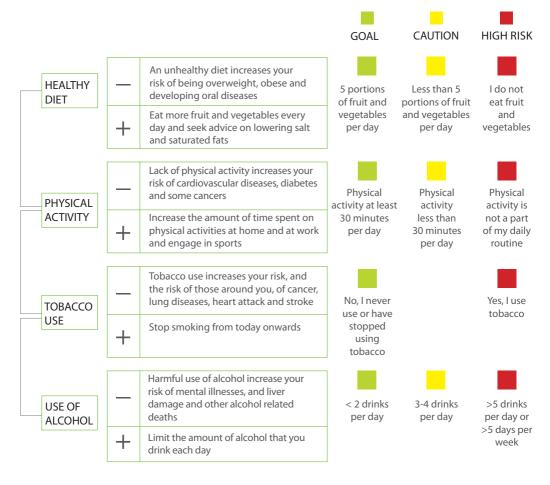


With the support of IFPMA



Lifestyle scorecard

- helps you understand how you can improve your health by changing your lifestyle
- allows your health professional to help you improve your health and well-being
- enables you to own and personalise your health improvement action plan



HEALTH IMPROVEMENT ACTION PLAN



For details, visit www.whpa.org











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