

Name: **Sample Man**

Male, 51.5 years

The Heart Place

Health Counselor's Report

Measurements	Goal	03/21/1993	03/21/1997	Comments
Height (in)		73.00	73.00	
Weight (lb)		230.00	180.00	
Waist (in)		39.0	36.0	
Hip (in)		36.0	35.0	
Waist/Hip Ratio		1.08	1.03	
BMI		30.4	23.8	
% Body Fat		27.0	18.0	
Cholesterol (mg/dl)		260	180	
HDL (mg/dl)		35	50	
LDL (mg/dl)		160	120	
Triglycerides (mg/dl)		155	100	
Glucose		100	100	
Chol/HDL		7.4	3.6	
Blood Pressure (mmHg)		145/ 90	120/ 80	

Medical Information	Goal	03/21/1993	03/21/1997	Comments
Overall Health		Fair		
Sick Days		12	3	
Personal History		Fair Skin	same	
Uses Sun Block		No	No	

Preventive Exams	Goal	03/21/1993	03/21/1997	Comments
Physical Exam		Never	Never	
Dental Exam		Never	Never	
Digital Rectal Exam		Never	Never	
Blood Stool Test		Never	Never	
Sigmoidoscopy		Never	Never	
Self Skin Exam		Never	Never	
Self Testicular Exam		Never	Never	
PSA		Never	Never	
Daily Flossing		No	No	
Teeth Brushing/Day		0	0	
HIV Prevention Information		Needs Info	Needs Info	

Tobacco	Goal	03/21/1993	03/21/1997	Comments
Cigarettes / Day		30	0	
Cigars/Pipes		0	0	
Smokeless Tobacco		0	0	

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Alcohol Consumption	Goal	03/21/1993	03/21/1997	Comments
Drinks per Week		24	0	

Exercise	Goal	03/21/1993	03/21/1997	Comments
Aerobic Fitness		Very Poor	Very Poor	
Strength Exercises		None/Seldom	None/Seldom	
Flexibility Exercises		None/Seldom	None/Seldom	
Readiness for Change		Precontemplation	Precontemplation	

Nutrition	Goal	03/21/1993	03/21/1997	Comments
Bread/Grain Servings		1/day	0/day	
Vegetable Servings		0/day	0/day	
Fruit Servings		0/day	0/day	
Dairy Servings		5/day	0/day	
Meat/Protein Servings		5/day	0/day	
Water Servings		0/day	0/day	
High Fat Foods		Daily	None/Rarely	
Readiness for Change		Precontemplation	Precontemplation	

Stress, Well-Being	Goal	03/21/1993	03/21/1997	Comments
Perceived Stress		?	?	
Social Support		?	?	
Perceived Energy Level		?	?	

Safety	Goal	03/21/1993	03/21/1997	Comments
Automobile Mileage		20,000	10,000	
Motor Cycle Mileage		0	0	
Seat Belt Use (%)		0	0	
Driving Speed (over limit)		15+ mph	< 5 mph	
Drink & Drive (times/month)		1	0	
Good Lifting Technique		No	No	
Home Smoke Detector		No	No	
Home Fire Extinguisher		No	No	
Non-Skid Surfaces		No	No	

Custom Fields	Goal	03/21/1993	03/21/1997	Comments
Weight Management		No	No	
Walking Classes		No	No	
Fitness Literature		No	No	
Nutrition Class		No	No	
Self-Care Class		No	No	

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Health Counselor's Report ... continued

Custom Fields	Goal	03/21/1993	03/21/1997	Comments
Weight Loss Class		No	No	
Smoking Cessation		No	No	
Stress Management		No	No	
Womens Health		No	No	
Work and Family Life		No	No	
Back Safety		No	No	
Managing High BP		No	No	
Prenatal Care		No	No	
Striding		No	No	
Self Defense		No	No	
Smoking Readiness		0.000	0.000	
Exercise Readiness		0.000	0.000	
Smoking Self-Effic.		0.000	0.000	
Exercise Self-Effic.		0.000	0.000	
Medical Claim \$		8525.000	3250.000	
Hemoglobin		0.000	0.000	
Number of RF		5.000	1.000	
Risk Strata Mobility		0.000	-4.000	