

PATIENT LAB RESULTS

PRACTICE NAME: _____ Patient Name: _____

	Baseline	Final	Goals
Date			
Height cm			
Weight kg			
BMI kg/m ²			18.5 – 24.9
Systolic Bld Pressure mm/Hg			< 140 mm/Hg < 130 mm/Hg ideal
Diastolic Bld Pressure mm/Hg			< 90 mm/Hg < 80 mm/Hg ideal
Glucose mg/dL			< 100 mg/dL
Cholesterol mg/dL			< 200mg/dL
Triglycerides mg/dL			< 150 Mg/dL
HDL-C mg/dL			> 40 mg/dL > 60 mg/dL ideal
LDL-C mg/dL			< 130 mg/dL < 100 mg/dL ideal < 70 mg/dL optional
ALT Liver			< 45 U/L
Creatinine Kidney			<1.2 mg/dL
Hematocrit Blood count			35 - 47 %

