

Measurements	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Neck												
Arm (L)												
Arm (R)												
Chest												
Waist												
Hip												
Thigh (L)												
Thigh (R)												
Height												
Weight												
Blood Pressure												
BMI												
Body Fat %												
Glucose												
Cholesterol												
HDL												
LDL												
Triglycerides												
Weekly Follow-ups	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Kathy Prendergast												
Chuck Stemm												
Health Coach												



family medicine and specialty care services located in Hilliard



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