



WOMEN'S
HEALTH
CENTER
OF SOUTHERN OREGON, PC

Tracking your Metabolic Journey

On your wellness journey it's important to monitor your fasting glucose, triglycerides, cholesterol, waist circumference, and blood pressure to help you understand your body's health, catch imbalances early, and make informed choices to improve your overall well-being.

Date	Fasting Glucose (<100)	Triglycerides (<150)	HDL (≥50)	Waist Circumference (≤35")	Blood Pressure (≤120/80)	Total Within target
						/5
						/5
						/5
						/5

What are your top three reasons for wanting to improve your overall health?

1. _____

2. _____

3. _____
