Metabolic Risk Factors
we will focus on during your visit

Metabolic Syndrome

YOUR:
Waist:
Blood Pressure:
Blood Sugar:
HDL-Cholesterol:
TG:

Healthy targets:
Waist: < 88cm women, < 102cm men
Blood Pressure: 130/85
Blood Sugar: < 5.6 mmol/l
HDL-Cholesterol: > 1 mmol/l men, 1.2 mmol/l women
TG: < 1.7 mmol/l

Pre-Diabetes/Diabetes

YOUR:
Blood Sugar:
BMI:
Waist:

Healthy targets:
Blood Pressure: 130/85
Blood Sugar: < 5.6 mmol/l
Waist: < 88cm women, < 102cm men

Medication

YOUR:
Medication Name:

Current side-effects:

Symptoms:
Motivation:
Energy:
Mood:
Thoughts/voices:

Smoking/Alcohol

# of cigarettes/day:
# of drinks/week:

Healthy targets:
Smoking cessation < 6 alcoholic drinks/week

Physical Activity & Sleep

Mins of exercise/week:
Bedtime:
Hours sleep day/night:

Healthy targets:
10,000 steps/day
150 min moderate activity/week
No daytime sleep; regular bedtime

Nutrition

# fast food meals/week:
# sweetened drinks/day:
# chips or crackers/week:
# desserts/week:
# of fruit and veg/day:
# times/week breakfast eaten within 1hr of waking:
Night time eating?
When is your biggest meal?

Healthy targets:
Max 1x/week; make meals and snacks at home
Avoid or max 1x/week; choose water and carbonated water
Snack on fruit/veg, low sodium popcorn, unsalted nuts (1/4 cup/day); limit chips etc.
Choose fruit or low sugar yogurt for dessert; limit sweet treats to 1x/week
Eat more fruit/veg! Female: 7-8, Male, 8-10
Breakfast every day within 1 hour of waking
Evening snack 100-200 Cal 1.5-2 hours before bed; avoid overnight eating
Largest meal should be earlier in the day