



## Participant Counselor Report

17-Feb-2010 8:52 AM

**CLIENT, TEST**

5555 Pear Drive  
 DODO  
 Alabama  
 55555  
 United States

skipper2432@yahoo.com

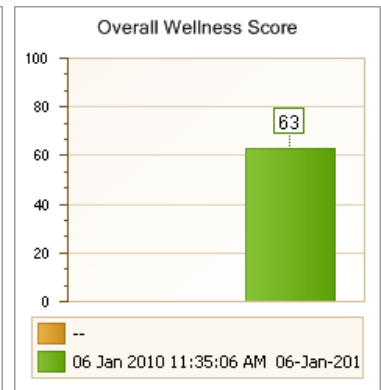
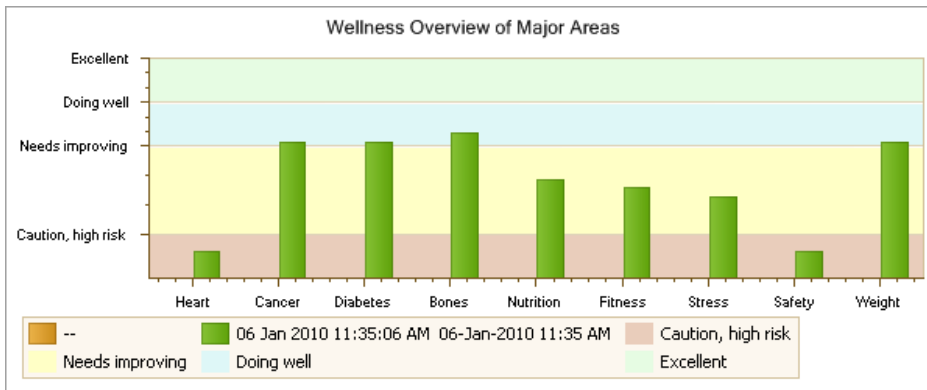
Gender: Female  
 Age: 39  
 Birth Date: 12-Jul-1970

Comments:

Note: Two scores for the same test result designate the **current** and **previous** scores only available if more than one assessment has been taken. Assessments are listed by the name given by the participant followed by the assessment date.

Assessment/s:

- 06 Jan 2010 11:35:06 AM 06-Jan-2010 11:35 AM
- --



A score of 60 or more indicates that the participant is doing well. A score of less than 60 indicates that improvement is needed. For the assessment *06 Jan 2010 11:35:06 AM*, the overall wellness score is **63/100**. This puts the participant in the **Doing Well** category!

Comments:

Notes and recommendations from a health coach or dietitian can be entered here.

<b>Clinical Test Results*</b> <table border="1"> <thead> <tr> <th>Test</th> <th>Current</th> <th>Previous</th> </tr> </thead> <tbody> <tr> <td>Height:</td> <td>67 in</td> <td>--</td> </tr> <tr> <td>Weight:</td> <td>--</td> <td>--</td> </tr> <tr> <td>Blood Pressure:</td> <td>--/--</td> <td>--/--</td> </tr> <tr> <td>Total Cholesterol:</td> <td>--</td> <td>--</td> </tr> <tr> <td>HDL Cholesterol:</td> <td>--</td> <td>--</td> </tr> <tr> <td>LDL Cholesterol:</td> <td>--</td> <td>--</td> </tr> <tr> <td>Hemoglobin A1c:</td> <td>--</td> <td>--</td> </tr> <tr> <td>Triglycerides:</td> <td>--</td> <td>--</td> </tr> <tr> <td>Blood Glucose:</td> <td>--</td> <td>--</td> </tr> </tbody> </table>	Test	Current	Previous	Height:	67 in	--	Weight:	--	--	Blood Pressure:	--/--	--/--	Total Cholesterol:	--	--	HDL Cholesterol:	--	--	LDL Cholesterol:	--	--	Hemoglobin A1c:	--	--	Triglycerides:	--	--	Blood Glucose:	--	--	<b>Nutrition &amp; Eating Summary</b> C/daily - cups daily S/daily - servings daily S/week - servings weekly Current <ul style="list-style-type: none"> <li>Waist: Less than 33 and female</li> <li>Fruit: Eating 1.5 C/daily</li> <li>Vegetables: Eating 2.5 C/daily</li> <li>Sweets: Eating 0 S/daily</li> <li>Dairy: Eating 3 S/daily</li> <li>Salt: Using salt sparingly and limit salty foods</li> <li>Water: Drinking 5 C/daily</li> </ul> Previous --	<b>Safety</b> <table border="1"> <thead> <tr> <th></th> <th>Current</th> <th>Previous</th> </tr> </thead> <tbody> <tr> <td>Wear seat belts 100% of time:</td> <td>No</td> <td>--</td> </tr> <tr> <td>Always use child seats when appropriate:</td> <td>No</td> <td>--</td> </tr> <tr> <td>Never drink and drive or ride with others that have:</td> <td>No</td> <td>--</td> </tr> <tr> <td>Have working smoke detectors in sleeping areas:</td> <td>Yes</td> <td>--</td> </tr> <tr> <td>Don't drive high mileage:</td> <td>--</td> <td>--</td> </tr> <tr> <td>Always use good lifting technique:</td> <td>No</td> <td>--</td> </tr> <tr> <td>Always avoid excess sun exposure:</td> <td>Seldom or unsure</td> <td>--</td> </tr> <tr> <td>Always wear helmet when biking, in-line skating, cycling, etc.:</td> <td>Does not apply</td> <td>--</td> </tr> </tbody> </table>		Current	Previous	Wear seat belts 100% of time:	No	--	Always use child seats when appropriate:	No	--	Never drink and drive or ride with others that have:	No	--	Have working smoke detectors in sleeping areas:	Yes	--	Don't drive high mileage:	--	--	Always use good lifting technique:	No	--	Always avoid excess sun exposure:	Seldom or unsure	--	Always wear helmet when biking, in-line skating, cycling, etc.:	Does not apply	--				
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<b>Medical Care</b> Current Preventive health tests not current <ul style="list-style-type: none"> <li>No physical exam reported/taken within last 1-2 years</li> </ul> Medication Taking <ul style="list-style-type: none"> <li>Cholesterol lowering</li> </ul> Sick days taken past 12 months <ul style="list-style-type: none"> <li>2</li> </ul> Previous Preventive health tests not current -- Medication Taken -- Sick days taken in the past 12 months --	<b>Fitness test scores</b> <table border="1"> <thead> <tr> <th></th> <th>Current</th> <th>Previous</th> <th>Goal</th> </tr> </thead> <tbody> <tr> <td>Grip Strength†:</td> <td>--</td> <td>--</td> <td>66-73</td> </tr> <tr> <td>Push-ups†:</td> <td>--/min.</td> <td>--/min.</td> <td>17-24</td> </tr> </tbody> </table>		Current	Previous	Goal	Grip Strength†:	--	--	66-73	Push-ups†:	--/min.	--/min.	17-24																																																		
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* May have gender-specific results that will only be shown based on the gender of the participant. -- Denotes a value that could not be calculated due to not enough or no information provided from assessment. † Item fits into a specific range of norms to determine fitness level. Norm documents available online.																																

This Counselor Summary Report is confidential. It is to be used only for counseling with the specific individual and not for any other purpose.