

test results at-a-glance (for men)

Name	Date of Birth							
DATE							Target Goal	
Height/Weight								
BMI (Body Mass Index)								
Waist Circumference								
Blood Pressure								
Blood Glucose								
Total Cholesterol								
HDL (good)								
LDL (bad)								
Triglycerides								
Rectal Exam								
Stool for Blood								
Sigmoid/Colonoscope								
Testicular Exam								
Prostate Exam								
PSA Test								
Total Skin Exam								
Vision Exam								
Dental Exam								
<i>Other Test.....</i>								
Change in Medication or Treatment								

Other tests to discuss with your doctor: Complete blood count, urinalysis, EKG and hearing test.