

## test results at-a-glance (for women)

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							
TSH (Thyroid)							
Rectal Exam							
Stool for Blood							
Sigmoid/Colonoscopy							
Breast Exam							
Mammogram							
Pap Test							
HPV with Pap							
Total Skin Exam							
Vision Exam							
Dental Exam							
Bone Density Exam (Osteoporosis)							
Change in Medication or Treatment							

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