

Metabolic Risk Factors

we will focus on during your visit

Name: _____ Date: _____

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

Resistance training: <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/exercise/resistance-exercises-plan>

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