

## Wellness Passport

Name: \_\_\_\_\_

Surname: \_\_\_\_\_




Group Name: \_\_\_\_\_

***YOUR Health is YOUR Wealth!***



Health Status	Progress Towards My Health Goals			
	Start Date	Repeat Date	Repeat Date	Repeat Date
	_/_/_	_/_/_	_/_/_	_/_/_
<b>Blood Pressure</b> (mmHg)				
<b>Healthy Weight</b> (BMI= kg/m <sup>2</sup> )				
<b>Waist Size</b> (cm)				
<b>Physical Activity</b> (minutes/week)				
<b>Smoking/ Tobacco Use</b> (cigarettes/day)				
<b>Alcohol Use</b> (drinks/day)				
<b>Healthy Eating Score</b> (14-70)				
<b>Sleep Health</b> (hours/night)				
<b>Random</b> (non- fasting) <b>Blood Sugar</b> (mmol/l)				
<b>Blood Cholesterol</b> (mmol/l)				
<b>Your Health Goals Action Notes</b>				

## HEALTH RISK "ZONES"

RISK FACTORS	HIGH RISK	MODERATE RISK	LOW RISK
			
<b>Blood Pressure</b> (mmHg)	Your blood pressure is a serious health risk factor. Please see a health professional.  (above 180/110 mmHg)	Your blood pressure is higher than it should be. Please see a health professional.  (between 160/100 and 180/110 mmHg)	Your blood pressure is within normal range.  (below or equal to 140/90 mmHg)
<b>Healthy Weight</b> (BMI= kg/m <sup>2</sup> )	Underweight (BMI less than 19) OR Obese (BMI over 30)	Overweight  (BMI between 25-29.9)	You are maintaining a healthy weight.  (BMI between 20-24.9)
<b>Waist Size</b> (cm)	Your waist size is a serious health risk. (Women: above 88cm) (Men: above 102cm)	Your waist size is a health risk. (Women: 80-88 cm) (Men: 94-102 cm)	Your waist size is in the healthy range. (Women: below 80cm) (Men: below 94cm)
<b>Physical Activity</b> (minutes per week)	0-30 min per week  Lack of any physical activity is a risk to your health, try to sit less and move more.	30-150 min per week  Some physical activity is better than none, but try and aim for 30 minutes on most days.	More than 150 min per week  Well done! You are getting 150 minutes or more of moderate to vigorous activity.
<b>Smoking/Tobacco Use</b> (cigarettes/day)	Any smoking and/or tobacco use.	Reducing or giving up smoking and/or using tobacco.	Not smoking or using tobacco.
<b>Alcohol Use</b> (drinks per day)	3 or more drinks per day places your health at risk.	Between 1 - 2 drinks per day is considered a moderate health risk.	No alcohol or less than 1 drink per day is considered a low health risk.
<b>Healthy Eating Score</b> (14-70)	Less than 42 points  It's time to make a change for healthier food choices.	43-56 points  You are making some healthy food choices, but there is more that can be done.	57-70 points  Congratulations! You are making mostly healthy food choices.
<b>Sleep Health</b> (hours per night)	Less than 6 hours per night of quality sleep, places your health at risk.	At least 6 hours per night of quality sleep is better.	Between 7 - 9 hours per night of quality sleep is even better for health.
<b>Random (non-fasting) Blood Sugar</b> (mmol/l)	If your random blood sugar is more than 11.1, check again. If still more than 11.1 see a health professional.	If your random blood sugar is more than 8.9, increase healthy food choices and regular physical activity. Check again, if still more than 8.9, see a health professional.	If your random blood sugar is between 4.4 - 8.9, it is in the acceptable range, but should be monitored annually.
<b>Blood Cholesterol</b> (mmol/l)	If your cholesterol is more than 6.2mmol/l, it might be wise to see a health professional.	If your cholesterol is above 5.2mmol/l and below 6.2 mmol/l, it may be time to make some lifestyle changes.	If your cholesterol is less than 5.2mmol/l, it is within the healthy range.

# Your Health Risk “Zone”



**You are in the Red Zone.** Your health is at risk! You may need to seek advice from a health professional. It is important to set realistic lifestyle goals and get the support you need to achieve them. Even small steps toward your goals can make a difference.



**You are in the Orange Zone.** It is important to set some realistic lifestyle goals and get support from family and friends. Regular physical activity and healthy food choices will soon have you in the “Green Zone”.



**You are in the Green Zone.** Your health status is looking great and you are meeting your wellness goals. By making good choices, you will stay in the “Green Zone”.

