



www.LiveWell4health.org

TAKE THIS CARD TO YOUR DOCTOR AND MEASURE YOUR SUCCESS TOGETHER

NAME:
AGE:
HEIGHT:
EMERGENCY CONTACT:

STARTING

DATE:
WEIGHT: BMI:
BLOOD PRESSURE:
CHOLESTEROL LEVEL:
BLOOD SUGAR LEVEL:

GOAL

DATE:
WEIGHT: BMI:
BLOOD PRESSURE:
CHOLESTEROL LEVEL:
BLOOD SUGAR LEVEL:

CHECKUP PROGRESS

DATE:
WEIGHT: BMI:
BLOOD PRESSURE:
CHOLESTEROL LEVEL:
BLOOD SUGAR LEVEL:



It is very important to
KNOW YOUR NUMBERS.
 As part of the Michigan 4 x 4
 Health and Wellness Plan
 and the local Live Well
 Campaign, we are providing
 this card for your use.

Take this card to your doctor,
 so you can measure your
 success together.

The card when folded
 is business card size!
 On the other side,
 learn how to fold your card.



One for you
And one to share
with a spouse,
friend, or neighbor!



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CHECKUP PROGRESS

DATE:
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BLOOD PRESSURE:
CHOLESTEROL LEVEL:
BLOOD SUGAR LEVEL:



HOW TO FOLD

MEDICATION HOW MUCH HOW OFTEN

ALLERGIES:

Join our local Live Well campaign focused on reducing obesity by implementing Michigan's Health and Wellness 4 x 4 plan.

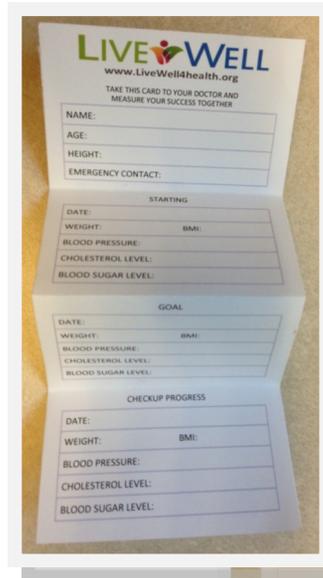
4 Healthy Behaviors	Know Your Numbers
1. Maintain a Healthy Diet	1. Body Mass Index (BMI)
2. Engage in Regular Exercise	2. Blood Pressure
3. Get an Annual Physical Exam	3. Cholesterol Level
4. Avoid ALL Tobacco Use & Exposure	4. Blood Glucose Level



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Step 1:
Fold the line above the word "STARTING" "GOAL" "CHECKUP"
3 Folds Total

Step 2:
Squeeze together to have your card that is business size and fits right into your wallet.



Complete!



MEDICATION HOW MUCH HOW OFTEN

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