

STANDING HEIGHT: _____ cm
 _____ ft/ins

WEIGHT: _____ kg
 _____ st/lbs

For adults, height and weight information can be used to calculate Body Mass Index (BMI). Further information on this calculation and guidance on BMI can be found on this website:

www.nhsdirect.nhs.uk/magazine/interactive/bmi/index.aspx

WAIST AND HIP MEASUREMENT

First Measurement Waist _____ cms Hip _____ cms
 _____ inches _____ inches

Second Measurement Waist _____ cms Hip _____ cms
 _____ inches _____ inches

BLOOD PRESSURE

	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)
(i)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
(ii)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
(iii)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Blood pressure interpretation:

Summary of advice given by nurse:

Normal Moderately raised
 Mildly raised Considerably raised

Visit your GP to have your blood pressure checked within:
