



CD 54 - Male

Date 11/17/2013	Height 5 feet 6 inches	Weight 192 pounds	BMI 31
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YOUR Health Behaviors and Mental Health

	Recommended Score	Your Score	Level of Concern	Ready to Change?	Want to Discuss?
Overall Health Rating	Good to Excellent	Good	No Concern		
Body Mass Index	20-25	31	A Lot	✓★	✓
Health Behaviors					
Fruit/Vegetable Intake	5+/day	Less than 2/day	A Lot	✓	
Fast Food Intake	Less than 1 time/week	4+ times/week	A Lot	✓	
Soda/Sugary Beverage Intake	Less than 1/day	3+/day	A Lot		
Physical Activity Participation	150+ minutes/week	15 minutes/week	A Lot		
Sleep	Never/rarely sleepy	Rarely sleepy	No Concern		
Alcohol Intake	Never	1 to 3 times	A Lot		✓
Tobacco use	No	No	No Concern		
Illegal Drug/Prescription Use	Never misuse	Never misused	No Concern		
Mental Health					
Stress	Less than 5	9	A Lot	✓	✓
Anxiety/Worry	Not at all/rarely	Nearly every day	A Lot	✓	✓
Depression	Not at all/rarely	Not at all/rarely	No Concern		

★ = Most important to you

Keep up the GOOD Work!

- You said there are few days you feel down, depressed, hopeless or have little interest or pleasure.
- You have few sleep problems.
- You don't use tobacco.
- You do not use illegal drugs or prescription medications for non-prescribed reasons.

Recommendations to Improve Your Health

Medium Priority

High Priority

- Obesity can lead to a number of health problems. Increase physical activity and/or limit the unhealthy food you eat to reduce your weight.
- Decrease your fast food meals or snacks to less than one per week.
- Increase fruits and vegetables to 5 or more servings per day.
- Decrease your soda or sugary beverage consumption to less than 1 per day.
- Increase your physical activity with the goal of being active for 150 minutes total per week.
- You reported feeling stressed often. Discuss ways to reduce your stress.
- You said that you feel nervous, anxious, on edge or unable to stop or control worrying nearly every day. Discuss your anxiety.
- Your answers suggest you drink too much alcohol which is bad for your health. You should not drink more than 4-5 drinks in one day.

Notes/Things to Discuss During My Appointment

Health Goals

The best goals are those that are **specific, measurable, achievable, realistic, and timely** and focus on the **who, what, where, when and how** you will achieve them. List 1 to 3 goals that you want to try to improve.

Example Goal:

What will you do? Decrease fast food by eating out 2-3 less times per week.
How will you do it? Pack a lunch to bring to work 2 times per week and cook dinner one more time a week.
By when? Gradually, over the next 3 weeks by decreasing fast food meals by one per week until I reach 3.

Goal #1:

What will you do? _____
How will you do it? _____
By when? _____

Goal #2:

What will you do? _____
How will you do it? _____
By when? _____

Goal #3:

What will you do? _____
How will you do it? _____
By when? _____

Follow-up Plan

When:

How: