

Record of measurements

Name: _____

Reference number: _____

	Baseline (T ₀)	3 months (T ₁)	6 months (T ₂)
Date			
Body height (cm)			
Body weight (kg)			
Body mass indexes (BMI) (kg/m ²)			
Waist circumference (cm)			
Hip circumference (cm)			
Waist-to-hip ratios (WHR)			

References:

BMI (kg/m ²)	Asia
Underweight	< 18.5
Normal	18.5 – 22.9
Overweight	23.0 – 24.9
Moderately obese	25.0 – 29.9
Severely obese	≥ 30.0

WHR	Asia (male)
Normal	0.90