

The progress report helps you to see changes and improvements made in your personal health since the last wellness assessment. Test results from both your previous and current testing sessions are shown side by side and in graph form on the Wellness Rating Scale for ease of comparison. Note areas where you have made progress and those that need improvement.

Wellness Factors	Current Test Results	Previous Test Results	< - Wellness Rating Scale -->			
			Poor	Fair	Good	Excel.
<b>Fitness Status</b>	Poor	Fair				
<b>Nutrition Status</b>	Good eating habits	Good eating habits				
<b>Smoking Status</b>	Never smoked	Never smoked				
<b>Cholesterol Level</b>	LDL 138 mg/dL *	LDL 118 mg/dL *				
<b>Blood Pressure/meds.</b>	125/85 mmHg	140/90 mmHg				
<b>Body Composition</b>	150 lbs	25.6% fat				
<b>Coronary Risk</b>	Low risk	Moderate risk				
<b>Stress/Coping Status</b>	Coping well	Coping well				
<b>Alcohol Consumption</b>	Light drinker	Light drinker				
<b>Seatbelt Usage</b>	Only occasionally	Only occasionally				
<b>Safety Score</b>	Fair safety consciousness	Fair safety consciousness				
<b>Happiness Scale</b>	Pretty happy	Very happy				
<b>Sleep, 7-8 hrs/day</b>	Less than half the time	Less than half the time				
<b>Sick Days</b>	4-6 days	1-3 days				
<b>Cancer Awareness</b>	Low cancer risk	Normal cancer risk				
<b>Overall Wellness</b>	Fair, but needs improving	Fair, but needs improving				

\* LDL, HDL, and Chol/HDL Ratio are included in scoring.

**Evaluation**

You rate "Good to Excellent" in 9 out of the 15 major wellness factors shown above. This is an improvement over your previous rating of 8 out of 15. You're making progress! Review your present personal report for ways of making even further progress in the future. Remember, good health is largely your choice. Make "feeling good" a way of life.

Improvements Made Since Last Test		Areas Needing Additional Improvement	
<input checked="" type="checkbox"/> Better nutrition	<input checked="" type="checkbox"/> Lower blood pressure	<input checked="" type="checkbox"/> Fitness habits	<input checked="" type="checkbox"/> Blood cholesterol
<input checked="" type="checkbox"/> Better body composition	<input checked="" type="checkbox"/> Reduced coronary risk	<input checked="" type="checkbox"/> Wear seatbelts regularly	<input checked="" type="checkbox"/> Safety habits
<input checked="" type="checkbox"/> More cancer aware		<input checked="" type="checkbox"/> Sleeping habits	<input checked="" type="checkbox"/> Number of sick days

Data Verification						
240	Roland Sutton	ID# 240	Group#	Male	Height 69	Date 11-21-03
140	Roland Sutton	ID# 240	Group#	Male	Height 69	Date 04-17-07