

## Health Tracking-Height/Weight

### Section 1 - General Information

Individual Name:\* \_\_\_\_\_  
Program Name:\* \_\_\_\_\_  
Entered By: \_\_\_\_\_  
Reported By:\* \_\_\_\_\_

Entry Date & Time: \_\_\_\_\_  
Time Zone: \_\_\_\_\_  
Date:\* \_\_\_\_\_  
Notification Level: Low  Medium High

### Section 2 – Height/Weight Information

Weight (lb):\* \_\_\_\_\_  
Height: \_\_\_\_\_(0-11) Feet: \_\_\_\_\_(0-11) Inch  
BMI: \_\_\_\_\_

Comments \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SIGNATURE.....NAME.....DATE.....TIME.....am/pm

Note:- Required fields are marked with an asterisk (\*)