



# Athlete Personal Health Report

Athlete's Name \_\_\_\_\_

Date \_\_\_\_\_ Location \_\_\_\_\_

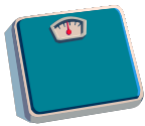
Today we measured 3 things that tell you about your health. We recommend that you share these results with your doctor.

- How much body fat you have (BMI)
- How strong your bones are (BMD)
- Your blood pressure (BP)

Your Body Mass Index is: \_\_\_\_\_

Your Bone Mineral Density is: \_\_\_\_\_

Your Blood Pressure is: \_\_\_\_\_/\_\_\_\_\_ in your Right Arm AND/OR  
\_\_\_\_\_/\_\_\_\_\_ in your Left Arm



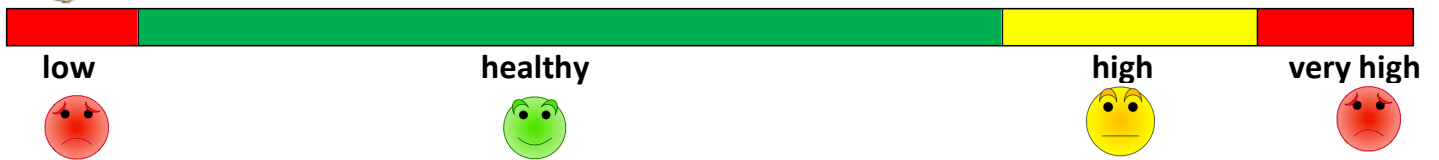
## Body Mass Index or BMI



## Bone Mineral Density or BMD



## Blood Pressure or BP



Don't forget to share this with your caregiver and doctor.

For more information, about the screening event, please contact \_\_\_\_\_

at \_\_\_\_\_.

Notes: \_\_\_\_\_  
\_\_\_\_\_