



Your Company Name Wellness Challenge

Report For: 55555555 - HEALTHY, JOE

		<u>Your Value</u>	<u>Possible Points</u>	<u>Your Score</u>
Completed questionnaire and fitness assesment			400	400
Blood Pressure	Systolic "top" less than 140	142	150	0
	Diastolic "bottom" less than 90	84	150	150
	More than 140/90 and medication	N	50	0
Total Cholesterol	<200	223	300	0
	>200 and on medication	Y	200	200
HDL "Good" Cholesterol	> 40	41	100	100
LDL "Bad" Cholesterol	Less than 130	129	100	100
Cholesterol/HDL Ratio	Within desirable range (lower is better)	5.4	100	0
Triglycerides	Less than 150	144	100	100
Glucose	Less than 100	104	100	0
	100 - 125 and on medication		100	0
Aerobic Capacity	Age/Gender Specific desirable fitness (step test)	37	50	0
Abdominal Strength	Age/Gender Specific desirable fitness (curlups)	26	50	0
Flexibility	Age/Gender Specific desirable fitness (sit & reach)	10	50	0
Tobacco	No tobacco products in past year	N	500	0
Overall Fitness Score	> 49	35	300	0
Overall Body Composition Score	> 49	35	500	0
Weight	Within recomended range or	N	300	0
	Lost 1-9 pounds		100	0
	Lost 10-14 pounds		200	0
	Lost 15+ pounds		300	0
Percent body fat	Men < 22 %	23.7	300	0
	Women < 32%			
Medical Consent	Signed consent to forward to Dr. "Confidential"	Y	500	500
Smoking	Never Smoked		500	0
	Quit > 2 Yrs Ago		300	0
	Quit < 2 Yrs Ago		100	0

**Award: 1800 Points for Bronze Level -
Keep Working!!!**

Your Score: 1,550