



Understanding
Society

Measurement Record Card

Full Name: _____
Serial No.

Height: _____ cm
_____ ft/ins

Weight: _____ kg
_____ st/lbs

Body Fat: _____ %

Water: _____ %

For adults, height and weight information can be used to calculate Body Mass Index (BMI). Further information on this calculation and guidance on BMI can be found on this website:

www.nhs.uk/tools/pages/healthweightcalculator.aspx

Further information on body fat percentages can be found on this website:
<http://www.tanita.co.uk/index.php?id=28>

Waist Measurement:

First Measurement: _____ cm
_____ ins

Second Measurement: _____ cm
_____ ins

Grip Strength

Measurement:

	ND	D
(i)	<div><div></div><div></div></div>	<div><div></div><div></div></div>
(ii)	<div><div></div><div></div></div>	<div><div></div><div></div></div>
(iii)	<div><div></div><div></div></div>	<div><div></div><div></div></div>

Blood Pressure Measurement:

	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)
(i)	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
(ii)	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
(iii)	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>

Blood Pressure Interpretation

Summary of advice given by interviewer:

<div></div> Normal	<div></div> Raised
<div></div> Mildly raised	<div></div> Considerably Raised

Visit your GP to have your blood pressure checked within:

Visit details:

Nurse name: _____

Date of visit: _____

Thank you

If you have any questions or concerns,
just call our Freephone number 0800 526 397
or write to Freepost RRXX-KEKJ-JGKS,
Understanding Society, University of Essex,
Wivenhoe Park, Colchester, CO4 3SQ