



Have you lost any pants sizes? _____

Have you change a dress size? _____

Has your belt notch changed? _____

Any change in shoe comfort? _____

Any increase in energy or strength since exercising? _____

Any reduction in chronic back pain? _____

Any improvement in blood pressure? _____

If diabetic, any improvement in blood sugar? _____

Any difference in car seatbelt comfort? _____

Any change in clothing appearance? _____

Any improvement in walking endurance? _____

Any improvements in mood? _____

Any change in Lab Values (cholesterol, triglycerides
HDL, LDL to be checked by your doctor) _____

Comments _____

Name: _____ Date: _____