

# Fitness Safety Check

<b>Date</b>						
<b>Measurements</b>						
<b>Shoulders</b>						
<b>Chest/back</b>						
<b>Right arm</b>						
<b>Left arm</b>						
<b>Waist</b>						
<b>Hips</b>						
<b>Right thigh</b>						
<b>Left thigh</b>						
<b>Right calf</b>						
<b>Left calf</b>						
<b>Blood Pressure</b>						
<b>Systolic/diagnostic</b>						
<b>Resting pulse</b>						
<b>Iron level</b>						
<b>Normal serum</b>						
<b>TIBC</b>						
<b>Transferrin</b>						
<b>Normal</b>						
<b>Cholesterol</b>						
<b>Triglyceride</b>						
<b>HDL cholesterol</b>						
<b>LDL cholesterol</b>						
<b>Total cholesterol</b>						
<b>Bloodtype A,AB,O,B</b>						
<b>Other health checks</b>						