



PhysiqueZone Health Check

Name: _____ Date: _____

Age: _____ Height: _____ Body weight: _____

Body Mass Index (BMI): _____

BMI	
<18.5	Underweight
23 - 27.4	Healthy
>27.5	Overweight
>30	Obesity

Body Fats Percentage: _____

Body Fats percentage				
Gender	Low	Normal	High	Very High
Female	5-19.9	20-29.9	30-34.9	35-50
Male	5-9.9	10-19.9	20-24.9	25-50

Visceral fat level (fats surrounding internal level): _____

Visceral Fat Level	
1 - 9	Normal
10 - 14	High
15 - 30	Very High

Blood Pressure: _____

Diastolic	Systolic	
80	120	Normal
85	130	Normal
90	140	Normal - High
100	160	Mild Hypertension
110	180	Hypertension
120	200	Severe