

# Healthy Beginnings: Setting a Plan for Victory

"God is with her, she will not fall; God will help her at the break of day" Psalm 46:5

## Starting line

Beginning weight \_\_\_\_\_

Current BMI \_\_\_\_\_

Current BMR \_\_\_\_\_

## Measurements

Hip to waist ratio \_\_\_\_\_

Upper arm/ bicep \_\_\_\_\_

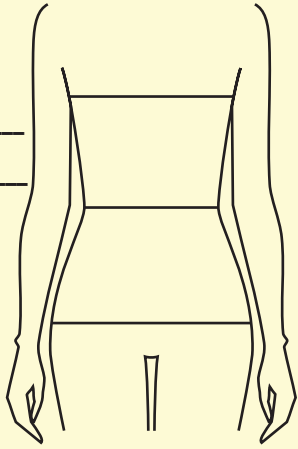
Bust \_\_\_\_\_

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_



## Thrive Goals

Ideal weight \_\_\_\_\_

Healthy BMI \_\_\_\_\_ Healthy BMR \_\_\_\_\_

Daily calorie intake for weight loss \_\_\_\_\_

## Exercise Goals

Steps per day goal \_\_\_\_\_

Minutes per week goal in each category \_\_\_\_\_

Cardio	Core
Strength	Flex

## My goal for sleep per night

Goal # \_\_\_\_\_ hours (from \_\_\_\_\_ pm - \_\_\_\_\_ am)

## Doctor's Report

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Pulse \_\_\_\_\_

A1C \_\_\_\_\_

Glucose \_\_\_\_\_

Cholesterol \_\_\_\_\_

HDL \_\_\_\_\_

LDL \_\_\_\_\_

Triglycerides \_\_\_\_\_

DEXA bone density \_\_\_\_\_

Mammogram last date/result \_\_\_\_\_

PAP last date/result \_\_\_\_\_

Notes:

## Personalized food plan

Servings per day:

Fruit \_\_\_\_\_

Veggie \_\_\_\_\_

Grains \_\_\_\_\_

Meat/bean \_\_\_\_\_

Dairy/ Calcium \_\_\_\_\_

Healthy Oils \_\_\_\_\_

Water \_\_\_\_\_

## Physical Assessment

I can walk one mile in \_\_\_\_\_ minutes.

New goal: \_\_\_\_\_

I can do \_\_\_\_\_ curl ups with \_\_\_\_\_ lb weight in 1 minute.

New goal: \_\_\_\_\_

I can do \_\_\_\_\_ pushups in 1 minute.

New goal: \_\_\_\_\_

I can hold a plank for \_\_\_\_\_ seconds/minute.

New goal: \_\_\_\_\_

I can do \_\_\_\_\_ jumping jacks in 1 minute.

New goal: \_\_\_\_\_

I can do \_\_\_\_\_ burpees in 1 minute:

New goal: \_\_\_\_\_

My stress level

LOW  HIGH

Current hours of sleep average: \_\_\_\_\_

Current steps per day \_\_\_\_\_

**My Sustaining  
Motivation**

**My Personal Power Word**

**Verse to Hang My Heart On To  
Keep Hope Alive!**