McMILLAN'S HEALTH MONITOR

VEJON CONSULTIVE

Year:

Month:

Height (enter here) cm/ins>

Weight (update in table): kg/lbs>

DAY	Water Intake (l/day)	Weight (Update Weekly)	BMI – Body Mass Index	Deep Breathing (Daily)	Exercise (Daily)	Gut Symptoms (Rank 0 to 5) 0=None, 3=Moderate, 5=Severe Indigestion	Bloating	Pain	Bowels (Times Daily)	Fatigue (Rank 0 to 5)		Dietary Association and Other Comments
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