

McMillan Health Monitor

Instructions and Notes:

1. McMillan's Health Monitor is for use by **adults** only and may not capture all situations.
2. Select **year and month** and **SAVE A COPY of the template for each month**.
3. **Height:** Enter once in orange box above table. To the right of your height, select units from drop-down – either cm or ins.
4. **Weight:** Select units from drop-down above table – either kg or lbs.

Enter weight weekly in orange boxes in table. Your weight must always be in the units you have selected.

Your **BMI** is calculated automatically as weight in kg divided by height in m squared. This calculation assumes you are not under 18 years old or pregnant, have not been diagnosed with an eating disorder and do not have a condition that affects your height.

5. All other information should be updated daily in the table using one line per day. If a month has less than 31 days, leave blank line(s) at the bottom of the table.

6. **Excel file only:** To update info, click on the visible drop-down button or click into cell to activate the drop-down button and click on it. Then select the most appropriate answer.

7. **Excel file only:** entries are automatically colour-coded, typically green, yellow or red:

Green = on target

Yellow = a bit below or above target – some concern

Red = significantly below or above target – red flag!

8. **PDF document only:** print the Monitor and the instructions. Enter your daily updates **manually** in the table and use a crayon to colour the boxes using the guide below:

a) Water intake (litres/day): **>2** **1-2** **<1**

b) Body Mass Index (BMI) – calculate this as described in Item 4 or use an online calculator, eg, NHS at <https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults>

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BMI (continued):

<18.5 Underwt **18.5-23** Healthy **23-27** Overwt **27-30** Obese **>30** Morbidly obese

c. Deep breathing: **Yes** **No**

d. Exercise: **Vigorous** **Moderate** **Minimal** **None**

e. Gut symptoms (Rank 0-5): **0-1** **2-3** **4-5**

f. Bowels (times daily): **0** **1** **2** **3+**

Note that a single occurrence of 0 is not of concern, but repeated occurrences in consecutive days may indicate constipation.

g. Fatigue (Rank 0-5): **0-1** **2-3** **4-5**