

McMILLAN'S HEALTH MONITOR



Year:
 Month:

Height (enter here)
 Weight (update in table):

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			Bowels (Times Daily)	Fatigue 0 to 5 0=None	Sleep Quality 0 to 5 0=Poor	Dietary Association and Other Comments
						Indigestion	Bloating	Pain				
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3												
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