

HeartPrint™

HSK

DOB: 2/14/1995

Initials: TMC

Patient ID: 1387

10/20/2007 12:6PM

Age: 12 Years, 8 Months
 Height: 62in/157cm (68%)
 Weight: 111lbs/50.3kg (76%)
 BMI: 20.3 (76%)
 Weight for BMI85: 117 lbs/
 53.2 kg
 BP: 110/80
 BP for 90%: 123/77

Family History: 1

Smoking: No

Sedentary: 1

Activity: 3 hour(s)
 Activity: 2.00 hour(s)

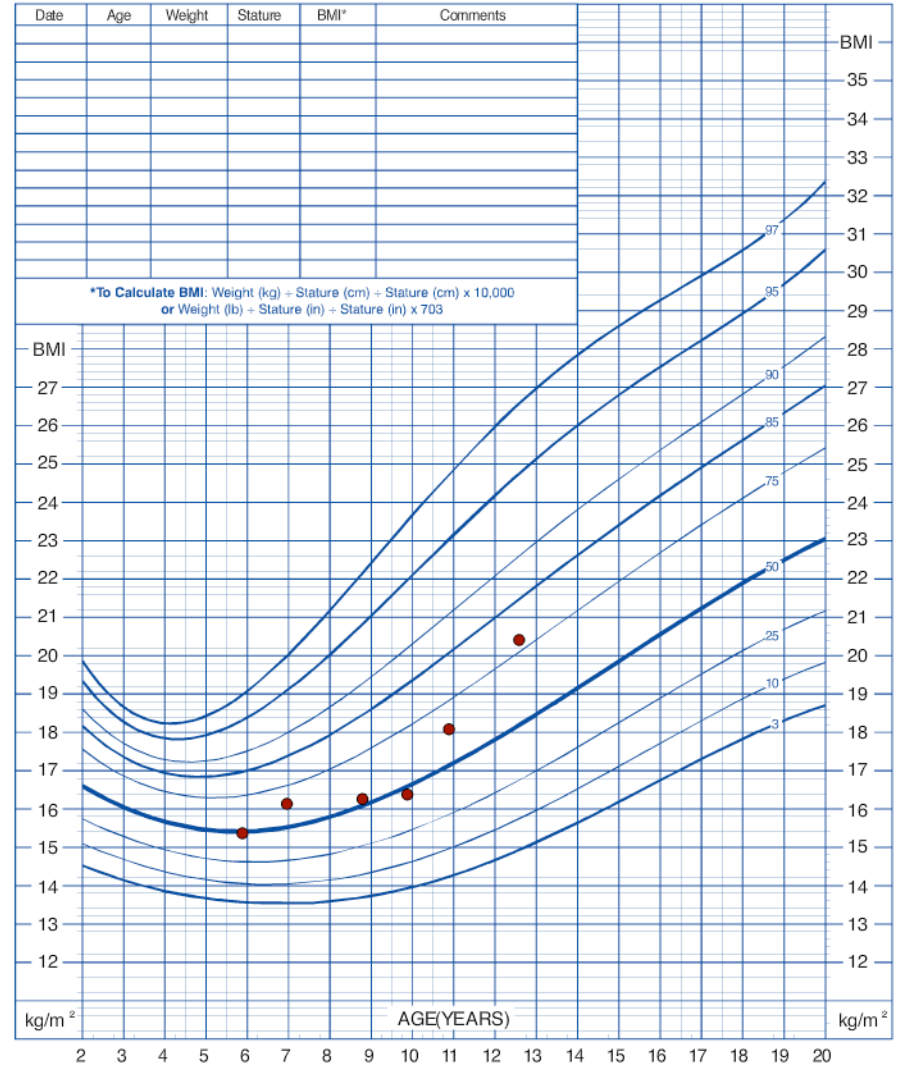
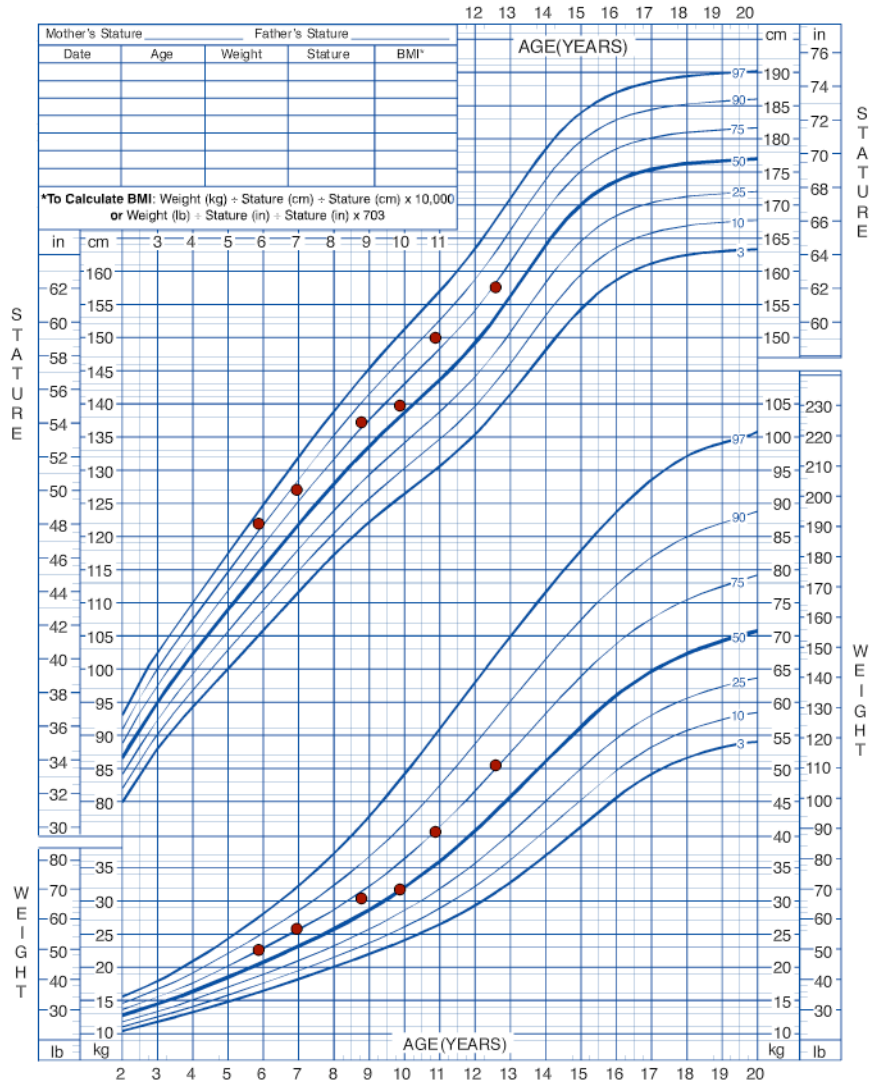
Breakfast: 6/week

Beverages: 12oz

Milk: 3 cups (1%)

Eats Out: 3/week

Junk Snacks: 2/day
 Fruits/Vege: 4times





Initials: TMC Birthday: 1995-02-14

Your Recommendations

Experts advise not making many changes at the same time. Choose one or two items from each section to work on for several weeks:

Activity

- Limit daily 'screen time' (TV, computers, and video games) to less than 2 hours.
- Remove the TV, computer, or phone from your child's bedroom
- Turn off the tv at meal times. Talk with your family instead.

Nutrition

- Do not eat out more than two times per week.
- Eat meals together as a family whenever you can.

Notes: