

Stay Well Scorecard

Blood Tests: Use this scorecard to record any **RED FLAGS** or blood markers on the **high side of normal**. You do not need to write in your results for every marker. We're tracking the things we need to work on.

Critical, General and Mobility Health Scores: please complete as many as you can

Blood Tests	Optimal Ranges	Year 1	Year 2	Year 3	Year 4	Year 5
Date						
Full Blood Count	Hb 135-145 RCC 4.0-5.0 Hct 0.37 – 0.45 MCV 82 - 89 MCH 28-32 Platelets: 250 -300 WCC 5.0-7.5 Neutrophils: 2.5-4.0 Lymphocytes: 1.4 – 3.0 Eosinophils: 0.04 – 0.1 Basophils: 0.0 – 0.08					
E/LFT's Liver & Kidney Panel	Sodium: 135-145 Potassium: 3.5-4.5 Chloride 100-106 Bicarbonate 25-30 Glucose: 3.0–4.8 Urea: 2.5-5.0 Creatinine: 70-97 eGFR Above 90 Uric Acid 0.15 – 0.25 Total Bilirubin 2-15 Alk P: 70-100 GGT: 10-30 ALT: 10-25 AST: 10-25 Calcium (Corr): 2.3-2.5 Total Protein: 69-75 Albumin: 40-50 Globulin: 20-28					
Lipids Cholesterol & triglycerides	Total Cholesterol: 2.5 - 4.0 Triglycerides: 0.6-1.2 HDL: <1.0 LDL: >2.5 Ratio: 3.0 Apolipoprotein A1 <=1.4 ApoB>=1					
Iron Studies	Iron: 10-25 TIBC: 45-62 Saturation:20-40% Ferritin: 40-100 After Menopause 40 - 200					

Blood Tests	Optimal Ranges	Year 1	Year 2	Year 3	Year 4	Year 5
Date						
HSCRP / ESR Inflammatory markers	HSCRP >1.0 ESR >5.0					
HbA1C 3 month picture of insulin/glucose	4.1 – 5.6%					
Fasting Insulin Blood Insulin levels	3.0 – 8.0					
Active B12	Active B12:>35 Folate: 10-50					
Fasting Glucose Blood sugar levels	4.5 – 5.5					
Homocysteine Cardiovascular health & methylation activity	6-8					
B6 & Folate	B6: 40-240 Folate: 10-50					
Vitamin D	90 -110					
Zinc	15 – 25					
RBC Magnesium	5.0-8.0					

Critical Health Scores

Please complete what you can

Health Indicators	Optimal Ranges	Year 1	Year 2	Year 3	Year 4	Year 5
Date						
Waist to Hip Ratio	0.85 or less					
Waist Measurement	80 cms or below					
Resting Heart Rate	50 years 60-100 bpm					
Blood Pressure	Less than 120/80 ideally					
Bone Density	T-Score of -1 or above					

General Health

Use 1-5 scale with 5 being the BEST possible score

Health Indicators	Year 1	Year 2	Year 3	Year 4	Year 5
Date					
Sleep					
Stress					
Relationship Strength					
Energy and Vitality					
Libido					
Bowel Movements					
Skin					
Brain (memory, focus)					
Laughter					

Mobility

Use 1-5 scale with 5 being the BEST possible score

Health Indicators	Year 1	Year 2	Year 3	Year 4	Year 5
Date					
Strength					
Balance					
Flexibility					
Aerobic Fitness					