

PWP Progress Report

Joe Concise

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This Progress Report shows changes in your test results and wellness ratings for each test date. These results are listed together. Notice the difference between the computed scores. The graphs help you see your progress.

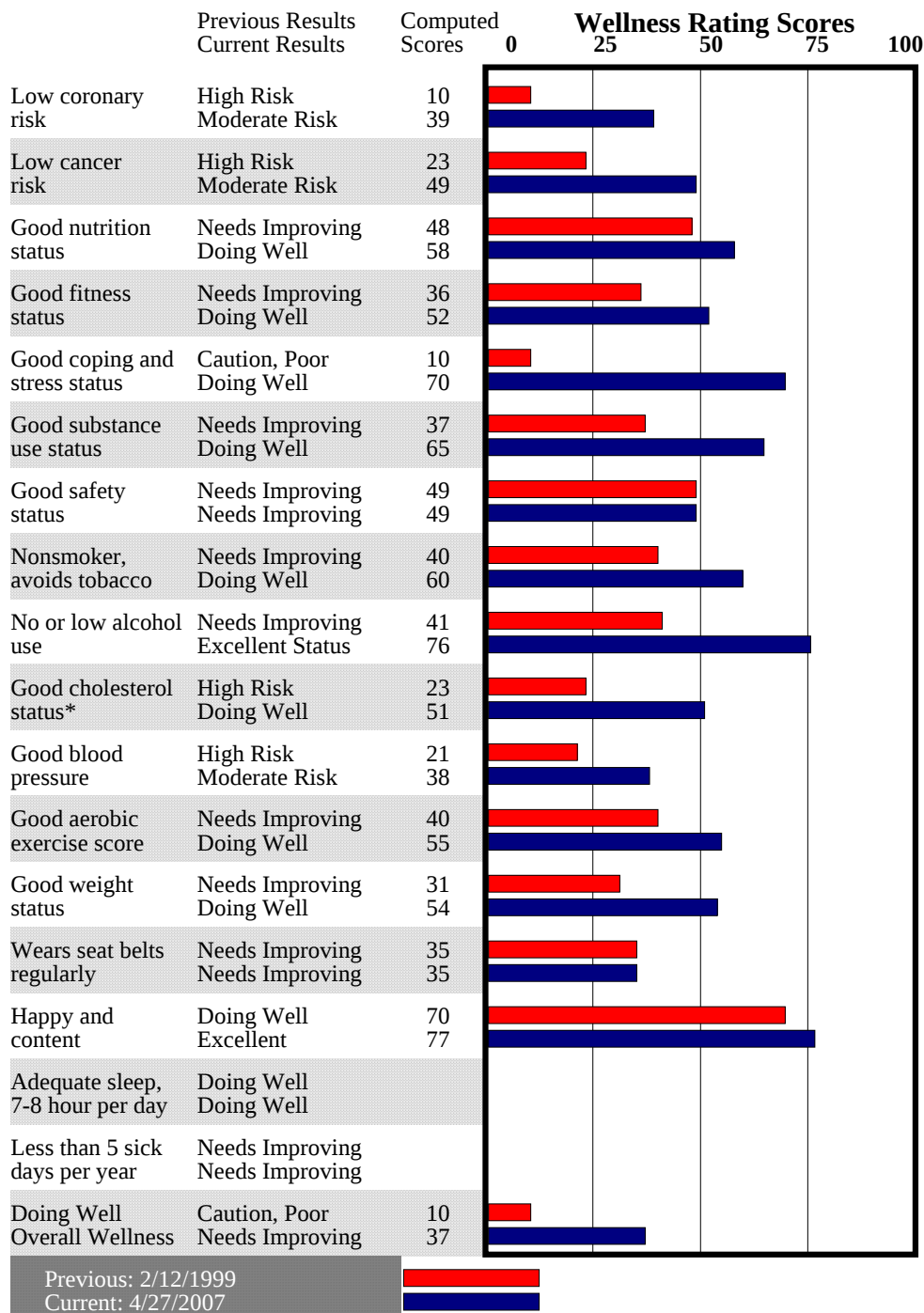
Positive Changes

You made improvements in the following major areas of wellness. Keep up the good work. All efforts you make to improve your lifestyle will build total health and happiness.

- ★ Reduced coronary risk
- ★ Reduced cancer risk
- ★ Better nutrition
- ★ Better fitness
- ★ Handling stress better
- ★ Improved substance use
- ★ Smoking/tobacco use
- ★ Drinking less alcohol
- ★ Lower cholesterol
- ★ Lower blood pressure
- ★ Improved aerobic score
- ★ Improved body composition
- ★ Improved happiness

Areas Still Needing Improvement

The list of wellness concerns below need your attention. National health organizations suggest these changes. They will help you to prevent disease, disability, and early death.
✓ (Any scores which fall below 50 on the graph to the right)



* LDL and HDL, if tested, may influence the overall cholesterol score.

PWP Clinical Progress Report

Joe Concise

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Clinical Tests

The Progress Report of clinical test results shows current and previous values for comparison. The percent improvement describes only progress made. A graph compares the wellness rating for each clinical result.

Areas Showing Progress

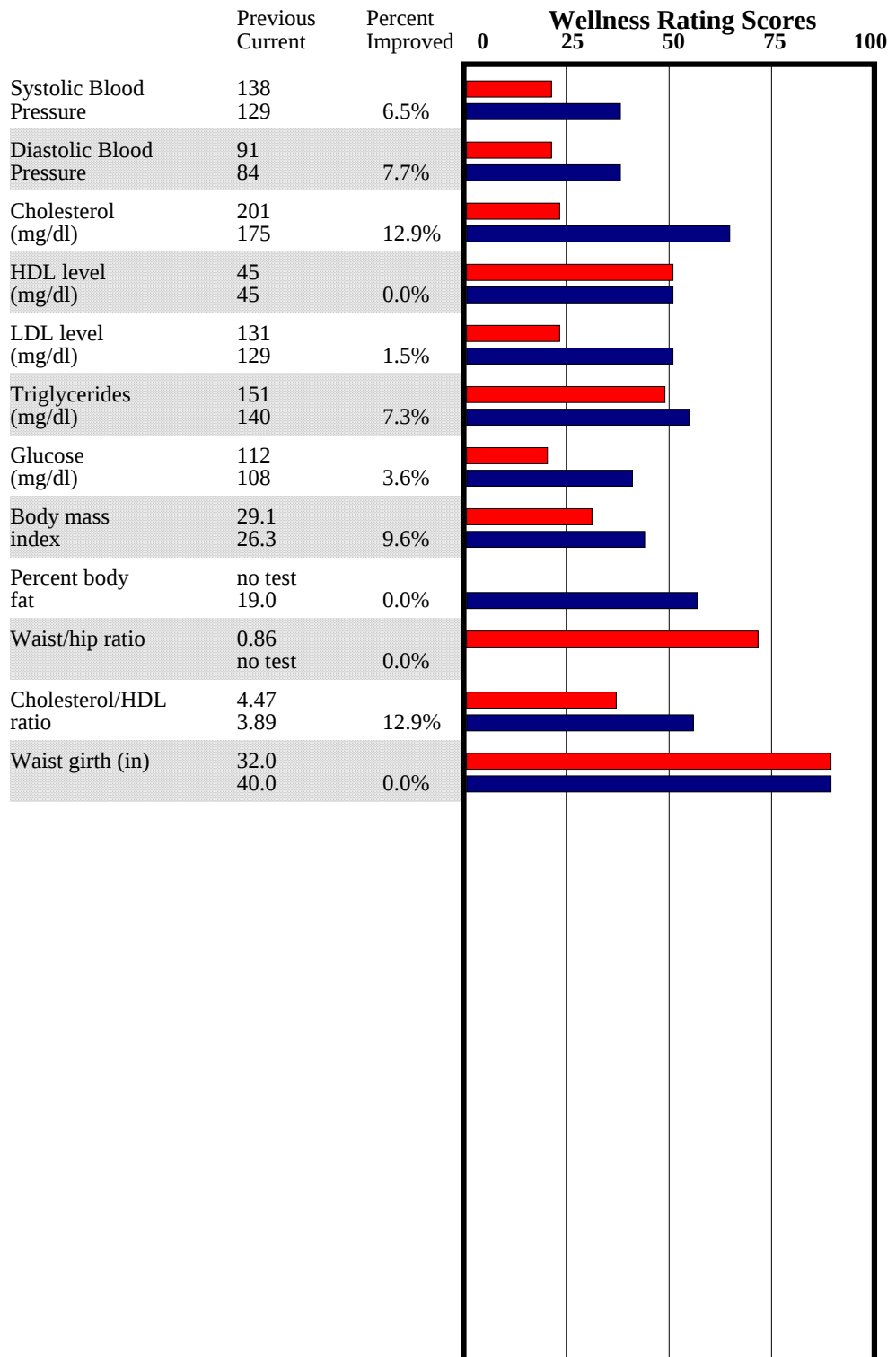
You improved in 8 clinical tests. They are listed below. Those marked with a solid '★' indicate major improvement (into a higher wellness category).

- ★ Systolic blood pressure
- ★ Diastolic blood pressure
- ★ Total cholesterol
- ★ LDL cholesterol
- ★ Triglycerides
- ★ Glucose
- 👉 Body mass index
- ★ Cholesterol/HDL ratio

Outstanding Wellness Ratings

You are rated "Excellent" or "Doing Well" for the following clinical tests. Keep up the good work.

- 👉 Total cholesterol
- 👉 HDL cholesterol
- 👉 LDL cholesterol
- 👉 Triglycerides
- 👉 Percent body fat
- 👉 Cholesterol/HDL ratio
- 👉 Waist girth



Personal Wellness Profile

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Please Note: Because one or more questions were left blank, answers were furnished (default answers) by the computer to provide you with a complete report. The default answers are generally considered average or assume the healthiest lifestyle habits. As a result, the recommendations are based on your responses and those entered by the computer.

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