

Metabolic Monitoring

Client:	DOB:	Psychiatrist:
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Please see other side of page for recording of additional information at baseline.

	Baseline	1 month	2 months	3 months	6 months	9 months	1 year
Date							
Current Medications							
Weight (kg)							
BMI (Kg/m²) * Target: BMI ≤ 25							
Waist Circumference (cm) * Target: < 102 cm (men) < 88 cm (women)							
Blood Pressure Target: 130/80 mm Hg							
Fasting Glucose Target: 4-6 mmol/L							
Random Glucose Target: 5-8 mmol/L							
HbA1C Target: ≤ 6%							
Fasting Lipid Profile Targets: LDL-C < 3.5 mmol/L and HDL-C < 5.0 mmol/L							
CBC, Lytes, TSH, Urea, Creatinine, Liver Function <i>(record abnormal results)</i>							

* BMI and Waist Circumference targets are lower for adolescents and may vary according to ethnicity. For example, for individuals of Asian descent, the BMI target may range from 22 to 25 kg/m² depending on the specific Asian population. For adolescents, please reference gender specific BMI-for-age charts. See other side of page for references.

Personal Information at Baseline (review annually)

	Smoking	Diabetes	High Cholesterol	Cardiovascular Disease
Client	<input type="checkbox"/> No <input type="checkbox"/> Yes -	<input type="checkbox"/> No <input type="checkbox"/> Yes -	<input type="checkbox"/> No <input type="checkbox"/> Yes -	<input type="checkbox"/> No <input type="checkbox"/> Yes -
Family	<input type="checkbox"/> No <input type="checkbox"/> Yes -	<input type="checkbox"/> No <input type="checkbox"/> Yes -	<input type="checkbox"/> No <input type="checkbox"/> Yes -	<input type="checkbox"/> No <input type="checkbox"/> Yes -

References**General**

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Ethnicity

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Adolescents

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Treatment

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