**健 康 管 理 表**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 年　　　月 | | | 身長(cm)： |  | 適正体重(kg)： |  |
| 日付 | 体重（kg） | | 血圧（mmHg） | | BMI（体重÷身長×身長）×1万※ | |
| 計測値 | 適正体重との差 | 最高血圧 | 最低血圧 | BMI値(％) | 肥満度判定 |
| 1 |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
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| 7 |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |
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| 13 |  |  |  |  |  |  |
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| 16 |  |  |  |  |  |  |
| 17 |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |
| 21 |  |  |  |  |  |  |
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| 23 |  |  |  |  |  |  |
| 24 |  |  |  |  |  |  |
| 25 |  |  |  |  |  |  |
| 26 |  |  |  |  |  |  |
| 27 |  |  |  |  |  |  |
| 28 |  |  |  |  |  |  |
| 29 |  |  |  |  |  |  |
| 30 |  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |

※BMI値・肥満度判定…18.5未満：**低体重**（やせ）、18.5以上25未満：**普通体重**、25以上：**肥満**