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BANT <sup>®</sup> Your Metabolic Symptoms Tracker											FOR YOUR CHEALTH			
How well do vou know vour health stats?														
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Date:														
Weight (kg/ lbs)														
Blood Pressure (Example 120/80)														
Pulse Rate (Resting)														
Blood Sugar Level														
HbA1c													a and a a a a a a a a a a a a a a a a a	
Total Cholesterol													Small stall was	
HDL Cholesterol													5M" HOR"	
Non HDL Cholesterol													×	
LDL Cholesterol														
Triglycerides														
25 OH Vitamin D														
Calcium														
Iron														
Ferritin														
Vitamin B12														
C Reactive Protein														

Never before have your food choices been so important for your health and wellbeing fin in

