

Paleo Challenge Tracking

Date	Before	After
1 mile run time		minutes
Max Push ups		
"Christine"		
Weight		lbs.
Blood Pressure	/	mmHg
BMI		
Total Cholesterol		mg/dL
LDL		mg/dL
HDL		mg/dL
Triglycerides		mg/dL
Triglycerides/HDL Ratio		
Waist		inches
Hip		inches
Waist-to-Hip Ratio		