

Date: / / 20

Patient Name:.....

Weight (Kg):..... Height (cm):..... BMI:.....

BP:..... FPG, :.....

PPG:..... HbA1c:.....

Parameters	Biological Ranges	
BMI Range¹ (kg/m ²)	Underweight	<18.5
	Normal Weight	18.5 - 24.9
	Overweight	25 - 29.9
	Obese	>30
Fasting Blood Glucose Levels² (values in mg/dl)	Normal	70-99
	Pre- Diabetes	100-126
	Diabetes	>126
Post Prandial Blood Glucose Levels (2 Hours)² (values in mg/dl)	Normal	100-140
	Pre- Diabetes	140-199
	Diabetes	≥200
Blood Pressure Ranges³ (millimeters of mercury)	Hypertensive Crisis	180+ -and/or 120+
	Stage 1 Hypertension	130-139 and 80-89
	Stage 2 Hypertension	140+ and 90+
	Elevated Blood Pressure	120-129 <80
	Normal Blood Pressure	<120-<80
HbA1c Chart²	Normal	Below 5.7%
	Pre- Diabetes	5.7 to 6.4
	Diabetes	≥ 6.5

This inputs is sponsored by Novo Nordisk

Abbreviation:

BMI: Body Mass Index, HbA1c: glycated haemoglobin, FPG: Fasting plasma glucose, PPG: Postprandia Plasma Glucose, BP: Blood Pressure
Reference : 1. <https://www.who.int/europe/news-room/fact-sheets/item/a-healthy-lifestyle--who-recommendations>. **2.** American Diabetes Association Professional Practice Committee; 2. Diagnosis and Classification of Diabetes: Standards of Care in Diabetes—2024. Diabetes Care 1 January 2024; 47 (Supplement_1): S20–S42 **3.** <https://www.heart.org/en/health-topics/high-blood-pressure/under-standing-blood-pressure-readings>