



March, 2006

Weight: 275
Workout days/week: 0
Miles run/week: 0

Suit: 50 Regular
Dress Shirt Neck: 17-1/2
Waist: 44
T-Shirt: XXL

Blood Pressure: 135/88
Total Cholesterol: 235
HDL Cholesterol: 35
LDL Cholesterol: 162
Triglycerides: 225
Glucose: 101



August, 2010

Weight: 197
Workout days/week: 6
Miles run/week: ~40

Suit: 42 Regular
Dress Shirt Neck: 15-1/2
Waist: 36
T-Shirt: M

Blood Pressure: 110/72
Total Cholesterol: 168
HDL Cholesterol: 56
LDL Cholesterol: 102
Triglycerides: 68
Glucose: 88