

# BioImpedance Self-Appraisal Form



NAME \_\_\_\_\_ EMAIL \_\_\_\_\_ Phone \_\_\_\_\_ DATE \_\_\_\_\_

**QUESTION:** *In regards to your health, what are your Top 3 concerns? Number these in order of priority below.*

## BIA TERMINOLOGY

## EXPLANATION

## LAYMAN'S LINGO

1.	Impedance Index	<input type="checkbox"/>	<i>Vitality, Energy, Distance from Death</i>	“Happy” Factor
2.	Total Body Water	<input type="checkbox"/>	<i>Life span of your cells</i>	“Longevity” Factor
3.	Fat Mass	<input type="checkbox"/>	<i>Cherub-like body</i>	“Fatsy” Factor
4.	Reactance	<input type="checkbox"/>	<i>“Sickness susceptibility”</i>	“Sitting Duck” Factor
5.	Body Cell Mass	<input type="checkbox"/>	<i>Unable to hold the zone trait, leaky pail</i>	“Oprah” Indicator
6.	Fat Free Mass	<input type="checkbox"/>	<i>Lean body mass, your body’s engine</i>	“Fat Burner” Factor
7.	BMI	<input type="checkbox"/>	<i>Just for fat people.....old school</i>	“Fatness” Indicator
8.	Basal Metabolism	<input type="checkbox"/>	<i>Calories burned at rest</i>	“Furnace” Factor
9.	Body Weight	<input type="checkbox"/>	<i>Have Weight, Can’t Travel</i>	“Morbidity” Indicator
10.	Phase Angle	<input type="checkbox"/>	<i>Your body’s ability to recognize “Good as Good”</i>	“Trick or Treat” Factor

## Your Next Step in “BASE CAMP”

**Step 1.** **Congratulations!** You’ve begun your trek to higher health and longevity by participating in our **BioImpedance Analysis!** Schedule your **“Base Camp Consultation”** appointment with Dr. David Kolbaba by calling **847-428-8850** . . . as soon as possible.

**Step 2.** With your **BioImpedance Analysis** test in hand, assemble your **“Base Camp Basics List”** and report to your **“Base Camp Consultation”** appointment with Dr. K. In this appointment, a more clarified strategy will be determined to assist you with your ascent to the top. *(Remember, baby steps!)*

**Step 3.** After 30 days of compliance, it will be time for your 2nd **BioImpedance Analysis** to check your status, so be sure to schedule your **“Base Camp Recheck”** appointment with Dr. K.

**Step 4.** A review of your successes along with a **“New Strategy”** will be created, and you’ll be on your way again to your next 30 day tier!