

--	--	--	--	--	--

Do not fill in fields marked with grey
Reserved for coding

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Cambridge ID:

--	--	--	--	--	--	--

Participant name: _____

Date of birth:

--	--

 -

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 -

1	9		
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Day Month Year

Today's date:

--	--

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2	0	0	
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Day Month Year

General health questionnaire completed: Yes No

If no, why: _____

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Height:

--	--	--

 .

--

 cm

The person must be measured without shoes

Waist:

Waist is taken 2 times. If the difference between measurement 1 and 2 is > 3 cm, measure waist for a third time.

1:

--	--	--

 .

--

 cm
2:

--	--	--

 .

--

 cm
3:

--	--	--

 .

--

 cm

The circumference is measured corresponding to midway between costal margin and iliac crest (see instructions)

Does the participant have a pacemaker? Yes No

Weight:

--	--	--

 .

--

 kg
The person must be weighed without coat and shoes

Impedance:

--	--	--

 ohm

Fat percentage

--	--

 .

--

 %

ECG

ECG taken? Yes No If no, why: _____

--	--

Comments on Page 1: _____

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Do not fill in fields marked with grey
Reserved for coding

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Bloodpressure

Arm circumference:

		.	
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 cm

Arm on which BP was taken: Right Left

- Right arm is default

Cuff size: Medium Large

BP is taken 3 times at 1 minute intervals.

The person must

- have rested for 10 minutes
- be silent
- be in a sitting position

Systolic

Diastolic

BP 1:

--	--	--

 /

--	--	--

Pulse:

--	--	--

 beat/min.

BP 2:

--	--	--

 /

--	--	--

Pulse:

--	--	--

 beat/min.

BP is measured

- at the right arm
- with OMRON M4
- with the right size of cuff
standard-sized cuff: 12.5 cm (MEDIUM)
arm measuring >32 cm in circumference: cuff size 16 cm (LARGE)

BP 3:

--	--	--

 /

--	--	--

Pulse:

--	--	--

 beat/min.

Clinical measurements taken by (initials):

--	--	--	--

Blood and urine tests

Blood sample taken: Yes No

Urine sample taken: Yes No

If blood and urine are not taken
(partly or entire), please state why:

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Blood and urine samples taken by (initials):

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Comments on Page 2:

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