Instructions for Computer Health Age Software

Place the "Discover Your Health Age" 8.5' X 11' pages in the printer facing toward the side the printer prints on (print a sample if you don't know) .

Open the Computer Health Age program by double clicking on the icon on the computer.

Only information in the yellow boxes should be filled in.

Help the participant to fill in the "Discover Your Health Age" questionnaire in their Health Fair Booklet.

Next to the box that says "age" place the age of the participant

Next to the box that says "height" place the height in inches (5 foot 6 inches is 66 inches) of the participant.

Next to the box that says "weight" place the weight of the participant in pounds.

Next to the box that says "m1f0" place a 1 if the person is a male, or 0 if they are female.

Next to the box that says "rest" place the number corresponding to the participant's answer to the rest question.

Next to the box that says "exercise" place the number corresponding to the participant's answer to the exercise question.

Next to the box that says "smoking" place the number corresponding to the participant's answer to the smoking question.

Next to the box that says "diet" place the number corresponding to the participant's answer to the diet question.

Next to the box that says "alcohol" place the number corresponding to the participant's answer to the alcohol question.

Next to the box that says "breakfast" place the number corresponding to the participant's answer to the breakfast question.

Next to the box that says "snacking" place the number corresponding to the participant's answer to the snacking question.

Below the box that says "frame,1,2,3" place 1 for a thin-framed individual, 2 for a medium-framed individual, and 3 for a large-framed individual.

Print a copy of the results (just print like you normally would) and go over the results as printed with the participant.

For the next participant, simply fill in the appropriate information for that participant.

Do not "save" the program when you close it.