

# 健康指標紀錄

## Health Condition Record

### 修練八卦內功前 Before Practicing Energy Bagua

日期 Date

名字 Name \_\_\_\_\_ 性別 Gender \_\_\_\_\_ 年齡 Age \_\_\_\_\_

國家 Nationality \_\_\_\_\_ 身高 Height \_\_\_\_\_ 體重 Weight \_\_\_\_\_



在充足的光線下，用手機拍下清晰的照片。  
Take the photos in a well-lit environment.

A-C 完成後，請在格子裡打勾 | After completing A-C, check the boxes below.

A. 臉部正面  
Face (Front view)

B. 全身正面  
Full Body (Front View)

C. 全身側面  
Full Body (Side View)

請記錄以下健康指標 | Please record the following health indicators:

1. 視力：包括近視度數、老花眼、青光眼、眼部疾病（例如：白內障、飛蚊症、紅眼病等）

**Eyesight** : Degree of near/far sightedness, presbyopia, glaucoma, eye diseases (e.g., cataracts, floaters, conjunctivitis, etc.)

2. 睡眠品質：包括失眠、多夢、起夜幾次等

**Sleep Quality** : Insomnia, excessive dreams, number of times you wake up in a night, etc.

3. 怕冷：包括手腳冰涼、小腹冰涼、平時穿多少件衣服、蓋幾層被子等

**Fear of the Cold** : Cold hands and feet, cold abdomen, number of layers of clothes you usually wear, how many blankets you use at night, etc.

4. 疼痛：包括身體各部位的疼痛(例如頭痛、肩膀痛、腰痛、腿痛)

**Pain Levels**：Pain in various parts of the body (e.g., head, shoulders, lower back, legs, etc.)

5. 骨骼：包括關節疼痛或不靈活、網球肘、腱鞘炎、五十肩、筋膜炎

**Bone Condition**：Joint pain or inflexibility, tennis elbow, tenosynovitis, frozen shoulders, fasciitis

6. 耳鼻喉：包括耳鳴、耳聾、梅尼爾氏綜合症、鼻炎、鼻塞、花粉過敏

**Ear, Nose, and Throat**：Tinnitus, deafness, Meniere's syndrome, rhinitis, nasal congestion, hay fever, etc.

7. 婦科：包括痛經、月經失調、不孕、更年期、子宮肌瘤、乳腺肌瘤等

**Gynecological Conditions**：Menstrual pain, irregular menstrual cycles, infertility, menopause, uterine fibroids, breast fibroids, etc.

8. 免疫系統：包括紅斑狼瘡、類風溼關節炎、紫癍等

**Immunological Conditions**：Lupus, rheumatoid arthritis, purpura, etc.

9. 血液系統：包括貧血、敗血病、白血病等

**Blood Conditions** : Nemia, sepsis, leukemia, etc.

10. 神經系統：包括神經衰弱、帕金森、老年痴呆症等

**Nervous System Disorders** : Neurasthenia, Parkinson's Disease, Alzheimer's Disease, etc.

11. 精神系統：包括憂鬱症、妄想症、多動症、膽小等

**Mental Health** : Depression, paranoia, ADHD, easily startled, etc.

12. 其他健康狀況：

包括高血壓、高血脂、糖尿病、中風、痛風、甲狀腺、腎病、肝病、心臟病、胃酸、胃病、皮膚病、呼吸系統疾病、外傷、癌症等

**Other Health Conditions** :

Hypertension, hyperlipidemia, diabetes, stroke, gout, thyroid disease, kidney disease, liver disease, heart disease, gastric disease, respiratory disorders, external injuries, cancer, etc.

13. 運動能力：記錄走路一次可以走多久，能不能彎腰、蹲起、跳躍，測試平衡能力（走直線）

**Motor Skills** : How long can you walk at a time? Are you able to bend, squat, and jump easily?  
Are you able to walk in a straight line?