



My Results

Blood Pressure _____ / _____ Total Cholesterol _____

Height _____ Triglycerides _____

Weight _____ HDL _____

BMI _____ LDL _____

A1C _____ Glucose _____



Know Your Numbers

If you're like most people, you think that heart disease is a problem for other folks. But heart disease is the number one killer in the U.S. It is also a major cause of disability. There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.

Other kinds of problems may happen to the valves in the heart, or the heart may not pump well and lead to heart failure. Some people are even born with heart disease.

You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- Know your blood pressure and keep it under control
- Exercise regularly
- Don't smoke
- Maintain a healthy weight
- Get tested for diabetes and, if you have it, keep it under control
- Know your cholesterol and triglyceride levels and keep them under control
- Eat a lot of fruits and vegetables

What My Results Mean

Body Mass Index (BMI)		Total Cholesterol	
Underweight:	Less than 18.5	Healthy: Less than 200	
Normal:	18.5 - 24.9	Borderline: 200 - 239	
Overweight:	25 - 29.9	High: More than 240	
Obese:	30 or higher	High, Alert: More than 400	
Blood Pressure		Triglycerides (Fasting Only)	
Normal:	Less than 120 / Less than 80	Normal: Less than 150	
Borderline:	120 - 139 / 80 - 89	Borderline: 150 - 190	
High:	140 - 159 / 90 - 99	High: 200 - 499	
High:	More than 160 / More than 100	Very High, Alert: More than 500	
High, Alert:	More than 180 / More than 110		
A1C		HDL Cholesterol	
Target:	Less than 6/7	Healthy: More than 40	
Blood Glucose		LDL Cholesterol (Fasting Only)	
	Fasting	Non-Fasting	Best: Less than 100
Healthy	Less than 100	Less than 200	Good: 100-129
Borderline	100-125		Borderline: 130-159
Diabetes	Over 126	Over 200	High: 160-189
Danger	375 or Higher	375 or Higher	Very High: More than 190

Setting Personal Goals

If you want to make changes to your lifestyle, set the right goals and think **SMART!** Your goals should be:

1. **Specific:** Think about what activity you will do, and when or how you will do it. Be specific.
2. **Measurable:** How will you know when you reach your goal? Decide when and how often to measure your progress.
3. **Achievable:** Pick a goal that you know you can reach—don't try to lose 20 pounds in one week. Remember, slow and steady wins the race!
4. **Realistic:** Don't make your goal too hard. Is it realistic to decide to "walk for 60 minutes, seven days a week"? What happens if you have to work late or it rains?
5. **Time-bound:** Pick a time frame: Do you want to meet your goal next week or in three months? Setting a time limit will help you take action.

I am setting the following goals...

Goal 1	
Goal 2	
Goal 3	

My Plan

Activities	Date
1.	
2.	
3.	
4.	
Signature	Date