

# Keeping track of your heart health



## Know your numbers — protect your heart

One way to protect your heart is to learn your goal numbers. You and your doctor may have decided on goal numbers for blood pressure, cholesterol, and other factors. Reaching and staying at your goal numbers may help keep your heart healthy.

- Use your Heart-Healthy Tracker to write down your goal numbers and test results
- Bring it with you when you visit your doctor
- Use it to set goal numbers with your doctor
- Track your progress over time

## Heart-Healthy Tracker

What you need to have checked	Suggested goal numbers	Your personal goal numbers	Your results	Your results
<ul style="list-style-type: none"> <li>• <b>Blood pressure</b> If you <i>do not have</i> diabetes:</li> </ul>	Less than 140/90 mmHg	(Systolic/Diastolic) ____ / ____	Date: _____ ____ / ____	Date: _____ ____ / ____
<ul style="list-style-type: none"> <li>• <b>LDL cholesterol</b> ("bad" cholesterol)</li> </ul>	Less than 100 mg/dL	_____	Date: _____ _____	Date: _____ _____
<ul style="list-style-type: none"> <li>• <b>HDL cholesterol</b> ("good" cholesterol)</li> </ul>	More than 40 mg/dL	_____	Date: _____ _____	Date: _____ _____
<ul style="list-style-type: none"> <li>• <b>Triglycerides</b> (a kind of fat in the blood)</li> </ul>	Less than 150 mg/dL	_____	Date: _____ _____	Date: _____ _____
<b>For people with diabetes:</b>				
<ul style="list-style-type: none"> <li>• <b>Blood pressure</b></li> </ul>	Less than 130/80 mmHg	(Systolic/Diastolic) ____ / ____	Date: _____ ____ / ____	Date: _____ ____ / ____
<ul style="list-style-type: none"> <li>• <b>A1C</b></li> </ul>	Less than 7%	_____	Date: _____ _____	Date: _____ _____

### Your doctor can help you meet your goals

Ask your doctor about changes you can make. These may include diet or being more active.