

# My Heart Health Card

Use this card to record the results of your tests.  
Take action to have normal levels.

♥ = Normal values

Name: \_\_\_\_\_

<b>Weight</b>	Date				
	Result				
<b>BMI</b> ♥ 18.5 to 24.9	Date				
	Result				
<b>Waist Measurement</b> ♥ Men—40 inches or less ♥ Women—35 inches or less	Date				
	Result				
<b>Blood Pressure</b> ♥ Less than 120/80 mmHg	Date				
	Result				
<b>Tests to measure "fats" in the blood</b>					
<b>Total Cholesterol</b> ♥ Less than 200 mg/dL	Date				
	Result				
<b>LDL</b> ♥ Less than 100 mg/dL	Date				
	Result				
<b>HDL</b> ♥ 40 mg/dL or more	Date				
	Result				
<b>Triglycerides</b> ♥ Less than 150 mg/dL	Date				
	Result				
<b>Tests to check sugar in the blood for diabetes</b>					
<b>Blood Glucose</b> ♥ Fasting—less than 100 mg/dL	Date				
	Result				
<b>A1C</b> ♥ Less than 7%	Date				
	Result				
<b>Other</b>	Date				
	Result				