

Use this card to record the results of your tests. Take action to keep your heart healthy.

## My Heart Health Card

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

**NOTE:** ♥ = Normal values

<b>Weight</b>	Date				
	Result				
<b>Body Mass Index (BMI)</b> ♥ 18.5 to 24.9	Date				
	Result				
<b>Waist Measurement</b> ♥ Men—40 inches (102 centimeters) or less ♥ Women—35 inches (88 centimeters) 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 (ideal)	Date				
	Result				
<b>LDL</b> ♥ Less than 100 mg/dL (ideal) ♥ Less than 130 mg/dL (near ideal)	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> ♥ Less than 100 mg/dL	Date				
	Result				
<b>A1C</b> ♥ Less than 7%	Date				
	Result				
<b>Other tests</b>	Date				
	Result				