

My Heart Health Card

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

♥ = Normal Values

Name: _____

Weight	Date				
	Result				
BMI ♥ 18.5 to 24.9	Date				
	Result				
Waist Measurement ♥ Men—40 inches (102 cm) or less ♥ Women—35 inches (88 cm) or less	Date				
	Result				
Blood Pressure ♥ Less than 120/80 mmHg	Date				
	Result				
Tests to measure “fats” in the blood					
Total Cholesterol ♥ Less than 200 mg/dL	Date				
	Result				
LDL ♥ Less than 100 mg/dL	Date				
	Result				
HDL ♥ 40 mg/dL or more	Date				
	Result				
Triglycerides ♥ Less than 150 mg/dL	Date				
	Result				
Tests to check sugar in the blood for diabetes					
Blood Glucose ♥ Fasting—less than 100 mg/dL	Date				
	Result				
A1C ♥ Less than 7%	Date				
	Result				
Other Tests	Date				
	Result				