#4MyHeart: A 4-Week Action Plan for Heart Health

Track your daily progress and share your success with #4MyHeart on Facebook or Twitter!

This week is all about learning some basic information about heart health.

**DAY 01**
Commit to learning about and living a heart healthy lifestyle. Learn how.

**DAY 02**
Are you at risk for a heart attack? Take this quiz to find out. Click here.

**DAY 03**
Make an appointment with your doctor to discuss your risk for heart disease. Print these questions for your appointment.

**DAY 04**
One risk factor for heart disease is high blood pressure. High blood pressure affects your heart—and your brain, eyes, and kidneys too! Learn how.

**DAY 05**
What is "energy balance"? Learn how it will help you stay at a healthy weight for the long term. Click here.

**DAY 06**
Learn about your family health history to see if you have a higher risk for heart disease. Click here.

**DAY 07**
What’s HDL (“good”) and LDL (“bad”) cholesterol? Learn what your numbers should be.

This week is all about making healthy food choices. Make it a priority to make an eating plan, and stick to it!

**DAY 08**
Make better beverage choices. Start by choosing water instead of sugary drinks. Learn more.

**DAY 09**
Use the DASH eating plan to create a heart healthy diet. Click here.

**DAY 10**
A portion is different than a serving. Learn the right serving sizes for each food group.

**DAY 11**
Add herbs to kick up the flavor without the salt (sodium). Learn how.

**DAY 12**
Eating healthy is good for you and your family. Check out these tips on portions and making healthy choices.

**DAY 13**
Make sure half your plate is fruits and vegetables. Learn how.

**DAY 14**
Take the stress out of meal planning and use our sample heart healthy menus. Learn more.

Know your numbers and take action! High blood pressure, cholesterol, and diabetes are heart disease risk factors that can be prevented and controlled. Learn how and take action this week to lower your risk.

**DAY 15**
Lower your diabetes risk! Reduce your intake of sugary snacks—grab some fruits and vegetables instead.

**DAY 16**
Get 7-8 hours of sleep every night. Learn how.

**DAY 17**
Walk whenever possible. Turn off the TV, get off the bus early, or park farther away! Learn more.

**DAY 18**
Get your heart pumping! Aim for 150 minutes of physical activity a week.

**DAY 19**
Mental health is just as important as physical health. Find your inner Zen today through meditation.

**DAY 20**
Start a food and physical activity journal to help you stay on track. Learn how.

**DAY 21**
Take a hike today with your friends instead of going out to dinner! Take your social focus from food to physical activity.

This week is about taking control of your heart health by understanding and controlling your personal risks.

**DAY 22**
Learn your BMI to determine if you are a healthy weight. Learn how.

**DAY 23**
Do you smoke? If yes, talk with your doctor about developing a plan to help you quit.

**DAY 24**
Track your numbers. Order our free wallet card to record results from your doctor and stay on track to achieving your heart healthy lifestyle!

**DAY 25**
Muscle- and bone-strengthening activities are important too! Find sample activities and include them at least 3 days/week.

**DAY 26**
Taking medication for high blood pressure? Try these tips to remember to take your meds.

**DAY 27**
Set smart goals for successful weight management. They should be specific, attainable, and forgiving!

**DAY 28**
You did it! Show off your hard work by sharing this badge.

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