

Keeping Track of My Goals for a Healthy Heart

Name

DOB

Fill out this work sheet with your provider. Ask about what goals are healthy for you and what steps you can take to reach those goals.

Risk Factor*	Healthy Heart Goals	How to Reach Your Goals	What I Can Do	Keeping Track of My Numbers		
				Today's Date	Date	Date
Diet	<p>Limit foods high in saturated fat, trans fat and cholesterol.</p> <p>Benefits to you: Helps reduce your chance of having:</p> <ul style="list-style-type: none"> • High cholesterol • Heart disease • Stroke 	<p>Eat less: whole-milk dairy products, egg yolks, fatty meats and foods made with partially hydrogenated vegetable oils such as cookies and crackers.</p> <p>Eat more: fruits and vegetables, whole grains, fat-free or low-fat milk products, beans, lean meats, skinless poultry and fish.</p>	<p>Foods I will try to eat more of:</p> <p>Foods I will try to eat less of:</p>			
Level of Physical Activity	<p>Get 30 minutes of aerobic exercise most days of the week.</p> <p>Benefits to you: May help you to:</p> <ul style="list-style-type: none"> • Improve your blood cholesterol level • Stay at or get to a healthy weight • Prevent bone loss • Prevent or control high blood pressure • Reduce your chance of getting heart disease 	<p>Here are some things you might try:</p> <ul style="list-style-type: none"> • Swimming • Jogging • Biking • Aerobic exercise class • Jumping rope • Walking • Aerobic dancing 	Exercise I will try:			
High Blood Pressure or Hypertension	<p>Maintain a healthy blood pressure level. Normal levels are less than 120/80.</p> <p>Benefits to you: Helps reduce your chance of having:</p> <ul style="list-style-type: none"> • Heart failure • Heart attack • Stroke • Kidney failure 	<p>Eating healthy foods and getting exercise may help you maintain a healthy blood pressure level.</p> <p>Normal: Less than 120 (systolic) Less than 80 (diastolic)</p>	I will try to maintain a healthy blood pressure level by:			
LDL (Bad) Cholesterol	<p>Lower your LDL cholesterol level.</p> <p>Benefits to you: Helps reduce your chance of having:</p> <ul style="list-style-type: none"> • Heart disease • Heart attack 	<p>Your LDL goal may be different if you smoke, have a family history of heart disease, have high blood pressure or have high blood sugar.</p>	I will try to lower my LDL cholesterol level by:			

*Risk Factor – things that increase your chance of having heart problems

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Weight, Body Mass Index, Waist Circumference	<p>Maintain a healthy weight, Body Mass Index and waist circumference. Body Mass Index also is called BMI. It indicates your body size based on your height and weight. Waist circumference is a measure of how round your waist is.</p> <p>BMI Measure: Normal is 18.5 to 24.9 Overweight is 25.0 to 29.9 Obese is 30.0 or higher</p> <p>Waist Circumference: Healthy is at least less than 40 inches for men Healthy is at least less than 35 inches for women</p> <p>Benefits to you: Helps reduce your chance of having:</p> <ul style="list-style-type: none"> • High cholesterol • High blood pressure • Heart disease • Stroke • Diabetes 	<p>Eating healthy foods and getting exercise may help you maintain a normal BMI measurement.</p>	<p>I will try to maintain or get to a healthy weight by:</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>
High Blood Sugar	<p>Maintain healthy blood sugar levels.</p> <p>A normal fasting glucose level (amount of sugar in your blood after not having eaten for a certain amount of time) is under 100 mg/dL. For people with diabetes, your blood glucose goal will be different.</p> <p>Benefits to you: Helps reduce your chance of having:</p> <ul style="list-style-type: none"> • Heart disease • Stroke • Problems related to diabetes such as blindness, kidney failure, nerve damage and amputation 	<p>Eating more healthfully and being more physically active may help maintain healthy blood sugar levels.</p>	<p>I will try to maintain healthy blood sugar levels by:</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>

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Visit www.timetotalkcardio.com to learn more about the program and how to make the most of your office visits.

Time to Talk CARDIO is an educational program underwritten by Merck & Co., Inc. and developed in partnership with the American Academy of Family Physicians Foundation, Canyon Ranch Institute and RIASWorks.

