# GOAL

| | | |
|---|---|---|
| • BLOOD PRESSURE | Less than | 120/80 |
| • TOTAL CHOLESTEROL (mg/dL) | Less than | 200 |
| HDL (Good) (mg/dL) | More than | 40 (Men) |
| | More than | 50 (Women) |
| LDL (Bad) (mg/dL) | Less than | 70 |
| (without Heart Disease) | Less than | 100 |
| • TRIGLYCERIDES (mg/dL) | Less than | 150 |
| • FASTING GLUCOSE (mg/dL) | Less than | 100 |
| • HEMOGLOBIN A1C | Less than | 7% |
| • BODY MASS INDEX (BMI) | Less than | 25 kg/m2 |

| | INITIAL READING | FOLLOW-UP READINGS | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | DATE: | DATE: | DATE: | DATE: | DATE: | DATE: | DATE: | DATE: |
| Blood Pressure | | | | | | | | |
| Total Cholesterol | | | | | | | | |
| HDL (Good) | | | | | | | | |
| LDL (Bad) | | | | | | | | |
| Triglycerides | | | | | | | | |
| Hemoglobin A1C | | | | | | | | |
| Body Mass Index | | | | | | | | |
| Weight | | | | | | | | |

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## MEDICATION LIST

| MEDICATION | DOSE | FREQUENCY |
|---|---|---|
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| | | |
| | | |
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| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

## PERSONAL DATA

NAME _____

DATE OF BIRTH _____

ALLERGIES _____

_____

In case of emergency, notify:

NAME _____

ADDRESS _____

_____

PH: _____

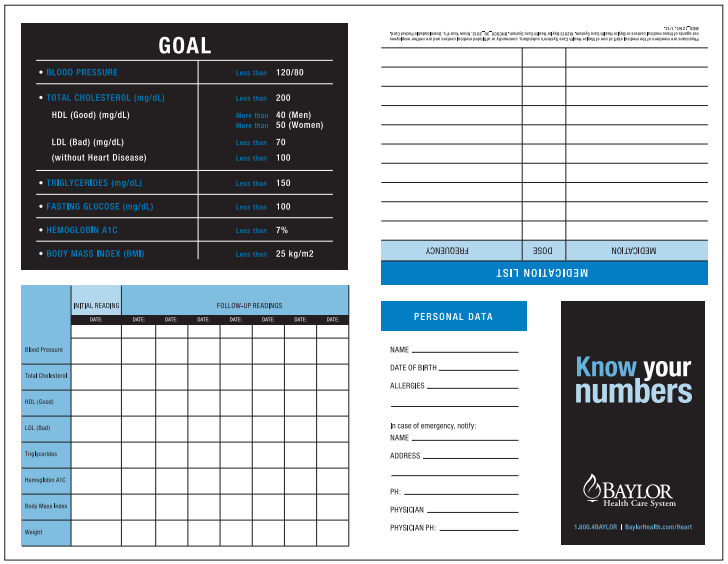
PHYSICIAN _____

PHYSICIAN PH: _____

# Know your numbers

BAYLOR Health Care System

1.800.4BAYLOR | BaylorHealth.com/Heart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LDL (Bad)
Triglycerides
Hemoglobin A1C
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Weight
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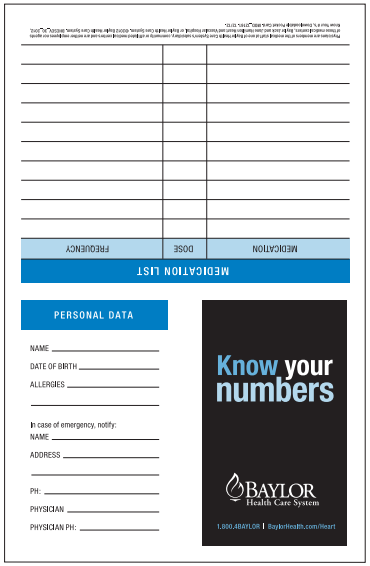
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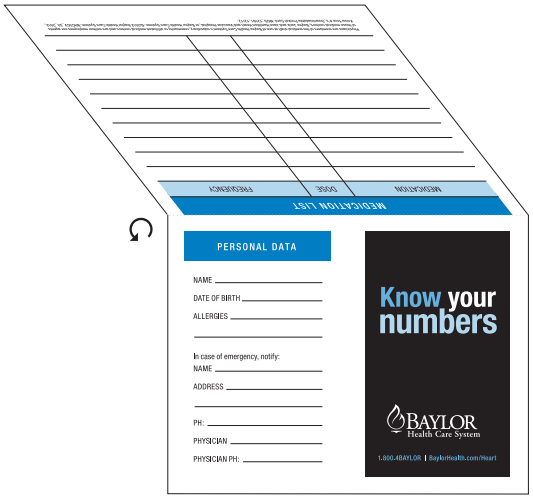
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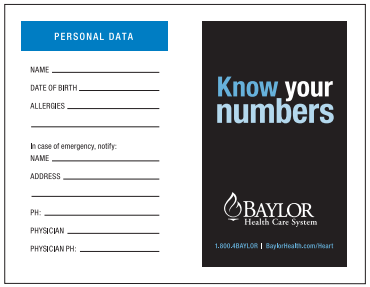
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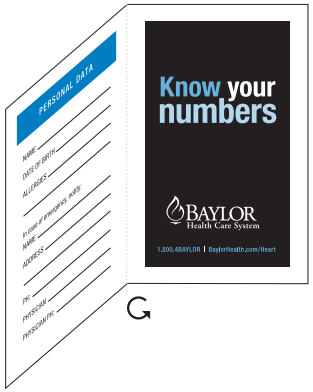
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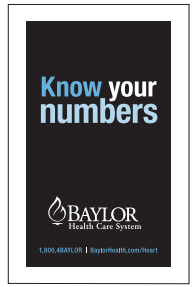
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