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

PERSONAL DATA

NAME _____

DATE OF BIRTH _____

ALLERGIES _____

_____

In case of emergency, notify:

NAME _____

ADDRESS _____

_____

PH: _____

PHYSICIAN _____

PHYSICIAN PH: _____

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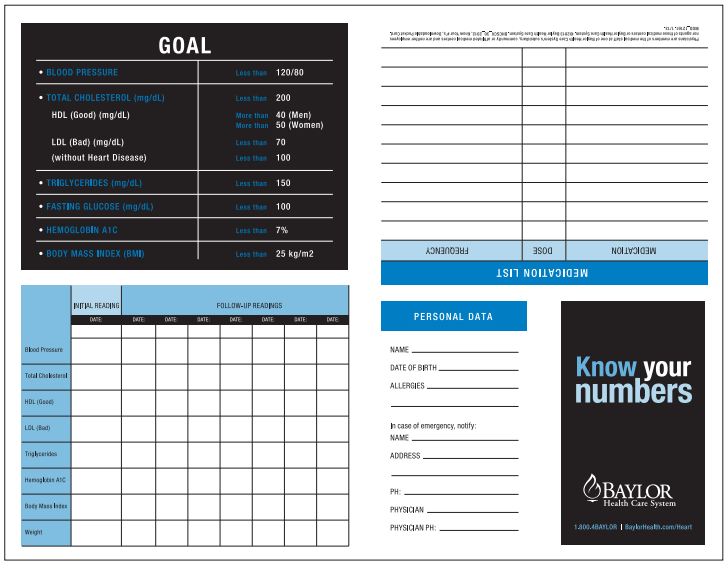
1.800.4BAYLOR | BSWHealth.com/Heart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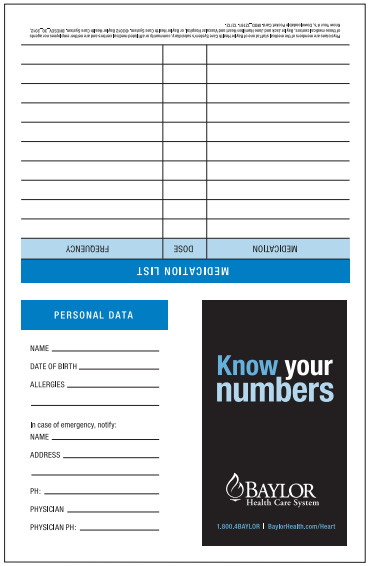
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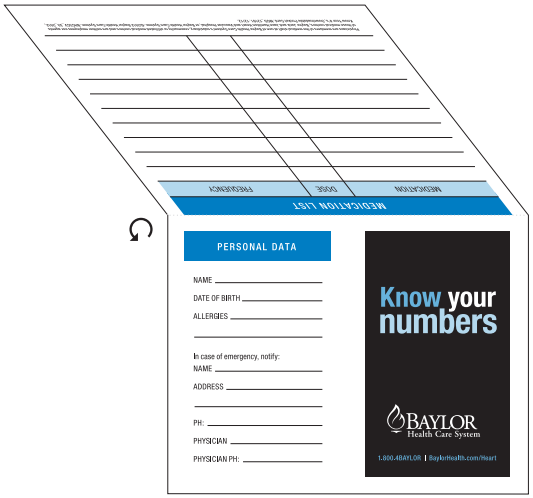
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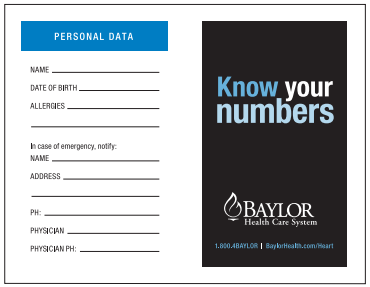
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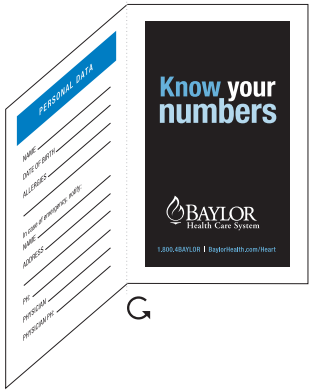
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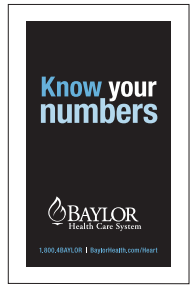
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