

# My Heart Health Tracker

Keep track of important numbers related to your heart health.



Name:

Note: ❤️ = Normal values

Weight	Date				
	Result				
Body Mass Index (BMI) ❤️ 18.5 to 24.9	Date				
	Result				
Waist Measurement ❤️ Men—40 inches (102 centimeters) or less ❤️ Women—35 inches (88 centimeters) or less	Date				
	Result				
Blood Pressure ❤️ Less than 120/80 mm Hg	Date				
	Result				

## Tests to measure cholesterol

Triglycerides ❤️ Less than 150 mg/dL	Date				
	Result				
Non-HDL cholesterol ❤️ Less than 130 mg/dL	Date				
	Result				
HDL cholesterol ❤️ Above 40 mg/dL in men ❤️ Above 50 mg/dL in women	Date				
	Result				

## Tests to check sugar in the blood for diabetes

Blood Glucose ❤️ Less than 100 mg/dL	Date				
	Result				
A1C ❤️ Less than 5.7%	Date				
	Result				
Other tests	Date				
	Result				

