

# DRAWING A BLANK?

KNOWING YOUR HEALTH NUMBERS CAN REDUCE HEART HEALTH RISKS.

BLOOD SUGAR: \_\_\_\_\_ MG/DL  
BLOOD PRESSURE: \_\_\_\_\_ MM HG  
TOTAL BLOOD CHOLESTEROL: \_\_\_\_\_ LDL: \_\_\_\_\_ HDL: \_\_\_\_\_  
BODY MASS INDEX (BMI): \_\_\_\_\_  
DAILY PHYSICAL ACTIVITY: \_\_\_\_\_ MINUTES

## FILL IN THE BLANKS

WITH HELP FROM YOUR PRIMARY CARE PROVIDER OR NURSE



FOR MORE HEART HEALTH FACTS GO TO  
**FOH.HHS.GOV/HEART**



Fedstrive

