

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

