

FOH.HHS.GOV/HEART

FOR MORE HEART HEALTH FACTS GO TO

WITH HELP FROM YOUR PRIMARY CARE PROVIDER OR NURSE

FILL IN THE BLANKS

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



KNOWING YOUR HEALTH NUMBERS CAN REDUCE HEART HEALTH RISKS.

DRAWING A BLANK?

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