Your Health Tracker

Name _____

Visit _____

	My GOAL	My SCORES Last Visit	My SCORES Today
1 Control Blood Pressure High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.	**BP less than** /		
2 Lower Bad Cholesterol LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause heart attack or stroke.	**LDL Less than** **_____mg/dl**		
3 Be Tobacco-Free Using tobacco doubles your risk of heart disease and can damage the blood vessels in your legs.	√ **YES**		
4 Maintain a Healthy Weight Body Mass Index (BMI) is used to screen for weight categories that may lead to health problems.	**BMI <_____**		
5 Maintain Blood Sugar Blood sugar levels outside the normal range may be an indicator of diabetes.	**Glucose <_____** **A1c <_____%**		

Between Now and My Next Visit I Plan to Work On: (choose one or two)

ACTIVITIES I WOULD ENJOY

- o Walking
- o Stretching
- o Bike ride
- o Yoga
- o Swimming
- o Other _____

INCREASING EXERCISE

- o _____minutes
- o _____times per week
- o Other_____

IMPROVING NUTRITION

- o Use less salt
- o Eat more lean meat
- o Drink water instead of soda
- o Eat fruits and veggies____per day
- o Reduce fat in my diet by eating less_____

BEING TOBACCO FREE

- o Attend cessation class
- o Use cessation tool

MAINTAIN HEALTHY BLOOD SUGAR

For people with diabetes:

- o Test blood glucose at least _____times per day, _____times per week
- o Count carbohydrates at most of my meals

DAILY WELL-BEING:

- o Listening to music
- o Enjoying the outdoors
- o Spending time with family/friends
- o Reading
- o Hobbies
- o Other _____

My provider wants me to call if:

_____

_____

_____

My next appointment is:

Date:_____

Date:_____