

Personal Heart Care Record

Name:
Address:
Allergies:
Medications (name/dose/frequency):

FOLLOW-UP VISITS	DATE
Primary Care Physician	
Other	

Health Care Goals:

Taking control of your heart's health can help you feel better and stay healthy. Moderate physical activity, appropriate nutrition, weight control and cessation of smoking can help lower your lipids (blood fats). Lowering blood lipid is important to help you prevent heart disease and stroke.



Preventing Cardiovascular Events

Keep track of your health information. Show this card to your health care provider at every visit. Write down your goals and the dates and results of tests below. Guidelines for good cardiovascular health are listed in bold print.

AT EACH VISIT

Weight/BMI - Goal _____

Date/ Baseline Value

Date/Value

Date/Value

Blood Pressure - Goal _____

Date/ Baseline Value

Date/Value

Date/Value

LABORATORY TESTS

Total Cholesterol (Blood Fats) - Goal < 200

Date/ Baseline Value

Date/Value

Date/Value

HDL (Good Cholesterol) - Goal ≥ 40 /Men ≥ 50 /Women

Date/ Baseline Value

Date/Value

Date/Value

LDL (Bad Cholesterol) - Goal < 100

Date/ Baseline Value

Date/Value

Date/Value

Triglycerides - Goal < 150

Date/Value

Other:

Date/Value

LIFESTYLE MODIFICATIONS

Physical Activity - Moderate exercise Date

Activity level

Activity level

Smoking Cessation - Never smoked / Quit Date

Quit / Still Smoking / Cut Down

Quit / Still Smoking / Cut Down

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