



**Know
your
numbersSM**

Date					
Blood Pressure					
Total Cholesterol					
HDL (good cholesterol)					
LDL (bad cholesterol)					
Triglyceride					

RECOMMENDED GOALS:

- Your blood pressure should be less than 140/90 mm Hg (If you have diabetes, less than 130/80 mm Hg)
- Total Cholesterol less than 200 mg/dL
- HDL (good cholesterol) greater than 40 mg/dL
- LDL (bad cholesterol)
 - less than 160 mg/dL if you have 0-1 risk factor
 - less than 130 mg/dL if you have 2 or more risk factors
 - less than 100 mg/dL if you have heart disease or diabetes
- Triglyceride less than 150 mg/dL

Discuss your risk factors with your health care practitioner