

# PARTNER WITH YOUR PROVIDER

## TAKE OWNERSHIP OF YOUR HEALTH!

Assess your health status by completing this worksheet and discuss your personal goals with your healthcare provider (HCP)

DATE:

### NORMAL NUMBERS NOW

My Numbers:

Wt: \_\_\_\_\_ Ht: \_\_\_\_\_ BMI: \_\_\_\_\_

Waist in inches: \_\_\_\_\_

Blood Pressure: \_\_\_\_\_

Total Cholesterol: \_\_\_\_\_

LDL-Cholesterol: \_\_\_\_\_

HDL-Cholesterol: \_\_\_\_\_

Triglycerides: \_\_\_\_\_

Fasting Blood Sugar: \_\_\_\_\_

Hemoglobin A1c: \_\_\_\_\_

Ideal Numbers:

**BMI 18.5 - <25**

**Waist in inches <35 for Women, <40 for Men**

**Blood Pressure <120 / <80**

**Total Cholesterol <200**

**LDL-Cholesterol <100**

**HDL-Cholesterol >50 for Women, >40 for Men**

**Triglycerides <150**

**Fasting Blood Sugar <100**

**Hemoglobin A1c <5.5**

### MY HABITS/LIFESTYLE

Number of days per week I do moderately intense exercise for at least 30 minutes: \_\_\_\_\_

(Ideal: >4 to prevent disease. To lose weight: 60-90 min. most days of the week)

The % of my food consumption that is fruits, vegetables, and whole grains: \_\_\_\_\_%

(Ideal: >75%. Meat consumption should be lean; dairy should be no or low fat)

Smoker: Yes \_\_\_ No \_\_\_

(Ideal: NO tobacco products)

Number of alcoholic beverages per day: \_\_\_\_\_

(Ideal: 0-1 for Women, 0-2 for Men)

### MY RISK FACTORS FOR CARDIOVASCULAR DISEASE (CVD) & OTHER DISORDERS

\_\_\_ High Blood Pressure

\_\_\_ High LDL (bad) cholesterol

\_\_\_ Low HDL (good) cholesterol

\_\_\_ Physical inactivity

\_\_\_ Tobacco use

\_\_\_ Obesity

\_\_\_ Unhealthy food consumption

\_\_\_ Diabetes

\_\_\_ Family history of early CVD

\_\_\_ Depression

\_\_\_ History of diabetes during pregnancy

\_\_\_ History of preeclampsia (increased BP in pregnancy)

### PLAN TO REDUCE RISK OF CVD AND OTHER DISORDERS:

What I need to do:

How my HCP can assist me:

NOTE: Discuss with your HCP other tests that you may need depending on age and personal/family history (mammogram, colonoscopy, bone density, etc) along with any recommended vaccinations.



living **WELL** aware™

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