



Know Your Numbers

Using a health checklist helps you keep track of your health. When you go to the doctor and your blood is tested, write down the numbers below. Use it as a record for your next visit. Then, you and your doctor can know if your numbers have improved. Target numbers vary from patient to patient, so ask your health care provider what your targets should be.

Before you begin:

- Know what your blood pressure means:
 - The top number is called “systolic.” It is the pressure (mm Hg) in the arteries when the heart beats (contracts) and the arteries are filled with blood
 - The bottom number is called “diastolic.” It is the pressure (mm Hg) in the arteries between heartbeats (when the heart rests between beats)
- Know your total cholesterol number, as well as your LDL (or “bad cholesterol”) number. Cholesterol is measured in milligrams per deciliter of blood (mg/dL)
- Know your blood sugar levels. Blood sugar level is usually measured in milligrams per deciliter of blood (mg/dL)

Health Factors	My Readings
Blood pressure	_____ mm Hg
Cholesterol	_____ mg/dL
Fasting plasma glucose	_____ mg/dL
Weight	_____ lb
Physical activity (in 1 week)	Total minutes/week: _____; What type: _____