My Plan

Activities	Date
1.	
2.	
3.	
4.	

Signature   Date

UTAH DEPARTMENT OF HEALTH
Cancer Control Program

For more information about BeWise:

CancerUtah.org/BeWise

Know Your Numbers

If you're like most people, you think that heart disease is a problem for other folks. But, heart disease is the number one killer in the U.S. It is also a major cause of disability. There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.

Other kinds of problems may happen to the valves in the heart, or the heart may not pump well and lead to heart failure. Some people are even born with heart disease.

You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- Know your blood pressure and keep it under control
- Exercise regularly
- Don't smoke
- Get tested for diabetes and, if you have it, keep it under control
- Maintain a healthy weight
- Know your cholesterol and triglyceride levels and keep them under control
- Eat a lot of fruits and vegetables

Setting Personal Goals

If you want to make changes to your lifestyle, set the right goals and think SMART! Your goals should be:

1. **Specific:** Think about what activity you will do, and when or how you will do it. Be specific.

2. **Measurable:** How will you know when you reach your goal? Decide when and how often to measure your progress.

3. **Achievable:** Pick a goal that you know you can reach—don't try to lose 20 pounds in one week. Remember, slow and steady wins the race!

4. **Realistic:** Don't make your goal too hard. Is it realistic to decide to "walk for 60 minutes, seven days a week"? What happens if you have to work late or it rains?

5. **Time-bound:** Pick a time frame: Do you want to meet your goal next week or in three months? Setting a time limit will help you take action.

I am setting the following goals:

Goal 1

Goal 2

Goal 3

My Results

Blood Pressure ___ / ___   Total Cholesterol _____

Height _____   Triglycerides _____

Weight _____   HDL _____

BMI _____   LDL _____

A1C _____   Glucose _____

What My Results Mean

Body Mass Index (BMI)

Underweight	Less than 18.5
Normal	18.5 – 24.9
Overweight	25 – 29.9
Obese	30 or higher

Blood Pressure

Normal	Less than 120/Less than 80
Borderline	120 - 139 / 80 - 89
High	140 - 159 / 90 - 99
High	More than 160 / More than 100
High, Alert	More than 180 / More than 110

Total Cholesterol

Healthy	Less than 200
Borderline	200 - 239
High	More than 240
High, Alert	More than 240

Triglycerides (Fasting Only)

Normal	Less than 150
Borderline	150 -190
High	200 - 499
Very High, Alert	More than 500

HDL Cholesterol

Healthy	More than 40

LDL Cholesterol (Fasting Only)

Best	Less than 100
Good	100-129
Borderline	130-159
High	160-189
Very High	More than 190

A1C

Target	Less than 6/7

Blood Glucose

	Fasting	Non Fasting
Healthy	Less than 100	Less than 200
Borderline	100-125	
Diabetes	Over 126	Over 200
Danger	375 or Higher	375 or Higher