

For a Healthier Heart...Know Your Numbers

Patient Checklist

In order for you to take an active role in your recovery, it is important to know your numbers and their importance. Bring this log back with you at your next appointment. Keep it in your wallet for easy access.

Weight

Current: _____ Goal: _____

BMI: _____ Goal: _____

LDL-C

Goal: Less than 100*

Date of Test:	Result:	Date of Next Test:	Date of Test:	Result:	Date of Next Test:
1.			3.		
2.			4.		

*or lower if recommended by your physician

Blood Pressure (BP)

Goal: _____

Date of Test:	Result:	Date of Test:	Result:
1.		3.	
2.		4.	

Medication

Name:	Dosage:
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	