

## Appendix: Reaching Your Goals for a Healthy Heart

Use this chart to record your progress in making heart-healthy lifestyle changes

Smoking	Weight	Blood Pressure	Cholesterol																							
<b>Date Quit Smoking:</b>  _____	<b>Goal Weight:</b> _____ <b>(Wt)</b>  <b>Date:</b> _____  <b>Wt:</b> _____  <b>Date:</b> _____  <b>Wt:</b> _____  <b>Date:</b> _____  <b>Wt:</b> _____  <b>Date:</b> _____  <b>Wt:</b> _____	<b>Goal Blood Pressure (BP):</b>  _____ / _____  <b>Date:</b> _____  <b>BP:</b> ____ / ____  <b>Date:</b> _____  <b>BP:</b> ____ / ____  <b>Date:</b> _____  <b>BP:</b> ____ / ____	<b>Goals:</b>  <b>Total</b> _____  <b>HDL</b> _____  <b>LDL</b> _____  <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;"><b>Date:</b></td> <td style="width: 15%;"><b>Total</b></td> <td style="width: 15%;"><b>HDL</b></td> <td style="width: 15%;"><b>LDL</b></td> <td style="width: 15%;"></td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </table>				<b>Date:</b>	<b>Total</b>	<b>HDL</b>	<b>LDL</b>		_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
<b>Date:</b>	<b>Total</b>	<b>HDL</b>	<b>LDL</b>																							
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<b>Notes &amp; Questions to Ask:</b>  <div style="border: 1px solid black; height: 100px; width: 100%;"></div>																										