



Track Your Numbers for a Lifetime of Health

	Current (number/date)	Goal (number/date)	Number/Date	Number/Date	Number/Date	Number/Date
Total Cholesterol (Fasting)						
HDL						
LDL						
Triglycerides (Fasting)						
Glucose (Fasting)						
Blood Pressure						
Oxygen Saturation						
Body Mass Index						
Waist-to-Hip Ratio						
Average Rest/Night						
Weight						

Clinician Recommendations



The national HeartCaring® program, developed in partnership with the National Heart, Lung, and Blood Institute (NHLBI) *The Heart Truth*, is powered by Spirit Health Group® and activated by US hospitals that ascribe to the highest standards of excellence in women's health, education, and community outreach. HeartCaring is sponsored in part by The Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership, with educational support from the Vascular Disease Foundation, the Peripheral Arterial Disease (P.A.D.) Coalition, and the Venous Disease Coalition.