

Heart Stats TRACKER

Keep these numbers updated.

When you present a doctor with a "declining trend" or "high baseline," it moves the conversation from vague symptoms to medical necessity.

CATEGORY	MY NUMBERS	HEALTHY RANGE
Blood Pressure		Less than 120/80 mmHg
Total Cholesterol		Less than 200 mg/dL
HDL (Good)		60 mg/dL or higher
LDL (Bad)		Less than 100 mg/dL
A1C (Blood Sugar)		Below 5.7%

Notes from your visit:
