

Psychosocial	Maintain psychological and social health (pages 48–51)	Date:	Date:	Date:	Date:	Date:	Date:
Diabetes	Maintain optimal blood sugar levels (pages 44–47)	Date:	Date:	Date:	Date:	Date:	Date:
HbA1c	Less than or equal to 7%						
Blood pressure	Maintain a healthy blood pressure (pages 40–43)	Date:	Date:	Date:	Date:	Date:	Date:
LDL cholesterol and triglycerides	Maintain healthy cholesterol and triglycerides levels (pages 36–39)	Date:	Date:	Date:	Date:	Date:	Date:
LDL cholesterol	< 1.8 mmol/L for people with coronary heart disease						
HDL cholesterol	> 1.0 mmol/L						
Triglycerides	< 2.0 mmol/L						
Adults	See page 40 for more information. Write your goal here:						

Note: < means less than, > means greater than, and ≥ means greater than or equal to. The page numbers referred to in this table are from the booklet *Managing my heart health*. For people with, or at high risk of, coronary heart disease.

Work with your doctor to determine your goals and how often your risk factors should be checked. Record and monitor your progress in this table.

### My medical risk factors at a glance

### General practitioner

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Other: \_\_\_\_\_

### Cardiologist

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Other: \_\_\_\_\_

### My significant heart health history

Record any heart events that you have had below. For example, a heart attack, bypass surgery, admission to hospital.

Date	Event



# Managing my heart health

For people with, or at high risk of, coronary heart disease

### At a glance

Name: \_\_\_\_\_

When you have completed the tables in this record card, you can order a new card from our Health Information Service by calling 1300 36 27 87. Alternatively, you can photocopy the tables before you start filling them in.

For heart health information  
 1300 36 27 87  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

## My lifestyle risk factors at a glance

Keep a monthly record of your progress over a one-year period. Reviewing your progress regularly will help to keep you on track.

Write your start date under month 1, then each month monitor and record your progress in relation to the instructions column.

Lifestyle factors	Heart Foundation goal	Instructions	1	2	3	4	5	6	7	8	9	10	11	12
<b>Smoking (pages 11–13)</b>														
Active smoking	Quit smoking	Non-smoker, write <b>NS</b> ; current smoker, write number smoked per day (or each week, if irregular smoker)												
Passive smoking	Avoid second-hand smoke	Not exposed to second-hand smoke, write <b>N/E</b> ; exposed to second-hand smoke, write where, e.g. <b>Home, Work or Social</b>												
<b>Nutrition (pages 14–19)</b>														
Healthy eating	Enjoy healthy eating; eat less saturated and trans fats	Write the number of actions from pages 16–19 that you have established and maintained												
<b>Alcohol (pages 20–25)</b>														
Number of standard drinks per day	Limit how much alcohol you drink	Non-drinker, write <b>N/D</b> ; regular drinker, write number per day, e.g. <b>2/d</b> ; irregular drinker, write number per week, e.g. <b>3/w</b>												
<b>Physical activity (pages 26–31)</b>														
Be physically active	Achieve at least 30 minutes of moderate intensity physical activity on most, if not all, days of the week	Write the number of days per week that you were physically active for 30 minutes or more												
<b>Weight (pages 32–35)</b>														
Weight (in kg)	Achieve and maintain a healthy weight	Write your weight in kilograms (kg)												
Waist	Men < 94 cm Women < 80 cm	Write your waist measurement in centimetres (cm)												
BMI	BMI 18.5–24.9	See page 32 to calculate your BMI												
BMI category		See page 32 to determine your risk category. Write Underweight, Normal range, <b>Pre-Obese (PO)</b> , Obese I ( <b>O1</b> ), Obese II ( <b>O2</b> ) or Obese III ( <b>O3</b> )												