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HEALTHY GOALS – Version Aug 2022

LIPIDS

HDL - ☐ >40 males ☐ >50 females

YOUR # _____

LDL - ☐ <60 ☐ <70 ☐ <100 ☐ <130

YOUR # _____

TG - ☐ <100 ☐ <130 ☐ <200

YOUR # _____

SUGARS

Fasting - ☐ <100 ☐ <126

YOUR # _____

HgbA1c - ☐ < 6.5% ☐ <7% ☐ <8%

YOUR # _____

BLOOD PRESSURE

Systolic (top #) ☐ <120 ☐ <130 ☐ <140

YOUR # _____

Diastolic (bottom #) ☐ <80 ☐ <90

YOUR # _____

HEART RATE

Per minute ☐ <60 ☐ <70 ☐ <80 ☐ <100

YOUR # _____

SMOKING

☐ quit ☐ reduce # ☐ reduce strength

YOUR # _____

BODY FAT weight (lb)x70.3/height (in)²

BMI ☐ <25 normal ☐ 25-30 overwt ☐ > 30 obese YOUR # _____

WAIST-HIP RATIO

Men ☐ <0.95 low risk ☐ 95-1.00 ☐ >1.00 high risk

Women ☐ <0.80 low risk ☐ 0.80-0.85 ☐ >0.85 high risk

Men waist ☐ <40 Women waist ☐ <35 YOUR # _____

DAILY CALORIES

☐ <2000/day ☐ <2200/day ☐ <2400/day YOUR # _____

EXERCISE

☐ 30 min 5x/week mod intensity ☐ >7500 steps/day ☐ >10000 steps

NAME _____ DATE: _____ MD SIGNATURE _____