



## 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

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The national HeartCaring® program is powered by Spirit Health Group® and activated by U.S. 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 National Heart, Lung, and Blood Institute (NHLBI) *The Heart Truth*, the Vascular Disease Foundation, the Peripheral Arterial Disease (P.A.D.) Coalition, and the Venous Disease Coalition.