

Management Plan for a Healthy Heart

Compare your long-term goal with where you are today. Set a short-term goal and decide what changes you will make to reach it.

Heart risk factor	My healthy heart goal:	My results today	My goal by: ____	I will meet my goal by:
High blood pressure Stage 1: 140/90 Stage 2: 160/100	A blood pressure reading less than 120/80.			<input type="checkbox"/> Following an eating plan from my doctor. <input type="checkbox"/> Using only 1 teaspoon of salt per day (2,300 mg.). <input type="checkbox"/> Taking my blood pressure medicine as directed.
High LDL cholesterol (above 100)	A LDL cholesterol level below 100.			<input type="checkbox"/> Following a low-fat, low-cholesterol meal plan. <input type="checkbox"/> Having a fasting cholesterol test at least every year. <input type="checkbox"/> Taking my cholesterol-lowering medicine as directed.
Being inactive	Exercising at least 30 minutes every day.			<input type="checkbox"/> Asking my doctor about an exercise program. <input type="checkbox"/> Exercising at least ____ minutes every day.
Overweight (BMI* more than 25) *See other side	A BMI between 19 and 24.			<input type="checkbox"/> Making healthy food choices. <input type="checkbox"/> Drinking water every day.
Tobacco use	Do not use tobacco.			<input type="checkbox"/> Not using tobacco. <input type="checkbox"/> Joining a smoking cessation program (if I smoke) like BCN's <i>Quit the Nic</i> program at 1-800-811-1764.
Alcohol use	No more than 2 drinks per day for men*. No more than 1 drink per day for women*.			<input type="checkbox"/> Limiting my alcohol use. (*A drink is one 12 oz. beer, 4 oz. of wine or 1.5 oz. of 80-proof spirits.)
Diabetes	Fasting blood sugar less than 110. HbA1c less than 7%.			<input type="checkbox"/> Keeping my daily blood sugar in good range. <input type="checkbox"/> Following my meal plan. <input type="checkbox"/> Scheduling a diabetes check-up with my doctor (HbA1c, eye and foot exams). <input type="checkbox"/> Taking my diabetes medicines as directed.

This healthy heart plan for _____ was created on _____
 (Name) (Date)

Body Mass Index (BMI) Table

- Instructions:
1. Locate your height on the left column
 2. Follow across from your height to find your weight
 3. Follow the column up from your weight to find your BMI.



	Normal						Overweight					Obese											
	BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Height in inches without shoes	4'10"	91	86	100	105	110	115	119	124	129	134	139	143	148	153	158	163	167	173	177	182	186	191
	4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	169	173	179	183	189	193	198
	5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
	5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
	5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
	5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
	5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
	5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
	5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
	5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
	5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
	5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
	5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278
	5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
	6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
	6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
	6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
	6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319
	6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328

Weight in pounds without clothes