



**HEALTHY GOALS – Version Nov 2018**

**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)<sup>2</sup>

**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 \_\_\_\_\_