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HEALTHY GOALS – Version Oct 2020

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 _____