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## HEALTHY GOALS – Version August 2023

### 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 \_\_\_\_\_