

# My Goal Numbers

Use this heart-healthy card to write down your treatment goal numbers. Track your blood pressure and cholesterol numbers on the chart below and bring it with you when you visit your doctor.

Date	Blood Pressure	Cholesterol		
		LDL	HDL	Total

**My Goal Blood Pressure**

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**My Goal Cholesterol**

LDL: \_\_\_\_\_ HDL: \_\_\_\_\_ Total: \_\_\_\_\_

**Notes**

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## What your blood pressure numbers mean

Blood pressure numbers	What they mean	Blood pressure numbers for people with diabetes	What they mean
140/90 or higher	High	130/90 or higher	High
130/85	Good	Less than 130/85	Good
120/80	Best	120/80	Best

## What your cholesterol numbers mean

	Good	Fair	Bad
<b>Total cholesterol</b>	Under 200	200 to 239	240 or over
<b>LDL (Bad)</b>	Under 129*	130 to 159	160 or over
<b>HDL (Good)</b>	60 or over	40 to 59	Under 40

\* Under 100 is best. If you have heart disease or diabetes, your LDL should be lower than 100.