

My Heart's Report Card

Test Date: _____

Total Cholesterol: _____

LDL ("bad") Cholesterol: _____

HDL ("good") Cholesterol: _____

Triglycerides: _____

Blood Pressure: _____

Fasting Blood Glucose: _____

Body Mass Index (BMI): _____

Waist Circumference: _____

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LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
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610-402-CARE

For more information
or for a physician referral,
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What's "Normal?"

These are the numbers you need to stay heart healthy:

Total cholesterol: _____ *Less than 200*

LDL ("bad") cholesterol:

Less than 160 if you have no risk factors for heart disease

Less than 130 if you have two or more risk factors

Less than 100 if you have heart disease

Less than 70 if you have heart disease and are at highest risk

HDL ("good") cholesterol:

More than 50 for women, more than 40 for men

Triglycerides: _____ *Less than 200*

Blood pressure: _____ *Less than 120/80*

Fasting blood glucose: _____ *100*

Body mass index (BMI): _____ *25*

Waist circumference:

Less than 35 inches for women, less than inches 40 for men



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Source: American Heart Association