



KNOW YOUR NUMBERS

Live well. Know your numbers. Own your numbers.

Do you know what your cholesterol levels are — or if they're in the healthy range? How about your blood pressure or glucose? These are all important numbers for you to know because they tell you if you're at risk for certain diseases.

Knowing your numbers puts you in control of your health. Use this sheet to record your numbers and get a better picture of your health.

YOUR NUMBERS

Height in feet and inches, round to the nearest inch	
Weight in pounds	
Blood pressure measures how much pressure your blood puts against the walls of your arteries as your heart pumps blood through your body.	
Total cholesterol is a type of fat that helps build cells.	
LDL - cholesterol is the "bad" cholesterol found in your blood, which can clog your arteries.	
HDL - cholesterol is the "good" cholesterol, which helps clear bad cholesterol from your blood.	
Triglycerides are a type of fat the body uses to store energy and give energy to muscles.	
Glucose is a type of sugar found in your blood that your body uses for energy.	

Don't know your numbers? Ask your doctor.

