

Track Your Progress

Risk factors	Ideal numbers	Current levels	3 months	6 months	9 months	1 year
Smoking	0 cigarettes or other tobacco products used per day.					
Cholesterol and Blood Lipids						
• Total cholesterol	You and your doctor will determine what cholesterol levels are right for you. This will depend on your age, family history, and whether you have other heart disease risk factors.					
• LDL						
• HDL						
• Triglycerides						
Blood pressure	You and your doctor will determine a personal goal.					
Diabetes	A1C of 7% or less or an eAG of 154 mg/dL or less.					
Weight and waist size	<p>If overweight or obese, reduce body weight by 5% to 10%.</p> <p>Men waist size: Less than 40 inches</p> <p>Women waist size: Less than 35 inches</p>					
Physical activity	At least 40 minutes, 3 to 4 days a week					