

## Set Your Goals

Ask your health care practitioner to help you determine your current values for the risk factors listed below. Together, you and your health care practitioner can set goals and develop a plan to decrease your overall risk of heart disease.

Risk Measures	My Current Values	Recommended Targets	My Goals	Actions I Should Take												
Blood Pressure		Less than 120/80 mm Hg														
Total Cholesterol		Total less than 200 mg/dL Note: If you have diabetes, please consult with your health care practitioner about target blood pressure values appropriate for you.														
LDL ("bad") Cholesterol		<table border="0"> <tr> <td><i>*LDL levels (mg/dL)</i></td> <td><i>Classification</i></td> </tr> <tr> <td>less than 100</td> <td>Optimal</td> </tr> <tr> <td>100 – 129</td> <td>Near optimal</td> </tr> <tr> <td>130 – 159</td> <td>Borderline high</td> </tr> <tr> <td>160 – 189</td> <td>High</td> </tr> <tr> <td>190 and above</td> <td>Very high</td> </tr> </table>	<i>*LDL levels (mg/dL)</i>	<i>Classification</i>	less than 100	Optimal	100 – 129	Near optimal	130 – 159	Borderline high	160 – 189	High	190 and above	Very high		
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160 – 189	High															
190 and above	Very high															
Smoking		If you smoke, try to quit. If you don't smoke, don't start.														
Weight		Consult with your health care practitioner about a healthy weight for you														
BMI		18.5 – 24.9														
Physical Activity		30 minutes on most days of the week														
Blood Glucose		Less than 110 mg/dL														
** A1C		7 or less														

\* If you have two or more risk factors, heart disease or diabetes, your LDL may need to be lower than 100 mg/dL. Talk with your health care practitioner about a healthy cholesterol level for you.

\*\* For people with diabetes.