



## Record Your Numbers

<b>Numbers to Know</b>	<b>Goal</b>	<b>Your Numbers</b>
<b>Body Mass Index</b>	<b>Less than 25</b>	
<b>Waist Circumference</b>	<b>Less than 35</b>	
<b>Cholesterol:</b>  <b>LDL</b>  <b>HDL</b>  <b>Total cholesterol</b>  <b>Triglycerides</b>	<b>Less than 100</b>  <b>More than 60</b>  <b>Less than 200</b>  <b>Less than 150</b>	
<b>Blood Pressure</b>	<b>Less than 120/70</b>	
<b>Blood sugar</b>	<b>Less than 100</b>	

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