

**Cardiovascular Risk Factors
Personal program**

Risk Factors:

Personal Plan:

High Blood pressure 120 over 80 mmHg optimal for adults; 120 to 139 mmHg or a diastolic pressure of 80 to 89 mmHg is considered prehypertension; 140 over 90 or higher is considered elevated (high) and generally needs treatment.

Yes No

Reading _____

Elevated Blood Cholesterol

Total _____

LDL _____

HDL _____

TRI _____

BMI/Weight Exceeds Recommended Number

Yes No Weight _____

Current BMI

19.5-25 ___

25-27 ___

27-30 ___

>30 ___

Activity Level is at recommended level

Yes No

Sedentary _____ No regular daily aerobic activity

Moderately active _____ (30 minutes daily aerobic activity)

Active _____ (more than 30 minutes a day of aerobic activity)

Smoking

Yes No

Current smoker _____

Former smoker _____ Date quit: _____

Blood sugar

Random sugar over 140 ml/dl Yes No

Last fasting test over 120 ml/dl Yes No

Current perceived stress level

Low _____ Medium _____ High _____

