

# KNOW YOUR NUMBERS

This worksheet provides a place for you to record your numbers. See the following page for a brief explanation of these common blood tests and measurements performed by your doctor.

**Blood Pressure** \_\_\_\_\_ / \_\_\_\_\_  
systolic / diastolic

**Normal:** <120/<80 (systolic/diastolic)  
Prehypertension: 120–139/80–89  
Hypertension: >139/>89

**Waist Circumference (in.)** \_\_\_\_\_

High-Risk Levels

Men: >40 inches  
Women: >35 inches

**Fasting Glucose** \_\_\_\_\_

**Normal:** 60–99  
Pre-diabetes: 100–125  
Diabetes: >126

**Body Mass Index (BMI)** \_\_\_\_\_

Height (in) \_\_\_\_\_  
Weight (lbs) \_\_\_\_\_

**BMI Equation:**  $\frac{\text{Weight in pounds} \times 703}{\text{Height in inches} \times \text{Height in inches}}$

Underweight: <18.5  
**Normal:** 18.5–24.9  
Overweight: 25.0–29.9  
Obese: >30.0

**Total Cholesterol** \_\_\_\_\_

Desirable: <200  
Borderline high: 200–239  
High: ≥240

**HDL** (“Good” Cholesterol) \_\_\_\_\_

Low: <40  
**Normal:** 40–59  
**Optimal:** ≥60

**LDL** (“Bad” Cholesterol) \_\_\_\_\_

**Optimal:** <100  
Near optimal: 100–129  
Borderline high: 130–159  
High: ≥160  
Very high: >190

**Total Cholesterol/HDL Ratio** \_\_\_\_\_

**Desirable:** <4.6

**Fasting Triglycerides** \_\_\_\_\_

**Normal:** <150  
Borderline high: 150–199  
High: ≥200