

My Life Check™

Live Better With Life's Simple 7™

My Life Check was designed by the American Heart Association to help us all live a long, productive, healthy life. Each of us can make small changes in these seven areas that will add up to a big difference in our heart health.



Get Active



Control Cholesterol



Eat Better



Manage Blood Pressure



Lose Weight



Reduce Blood Sugar



Stop Smoking

Take small steps toward a healthier life
by getting your free health
score and personal action plan at
www.MyLifeCheck.org

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American Heart Association®
Learn and Live

My Life Check will help you understand what changes you can make to improve your health, but first, you need to know your numbers.

Make an appointment with a health professional today and bring this chart with you to record your numbers on these important health factors. While you are there, discuss what your personal goals should be and make a plan to get there.

Factor	My Numbers	My Goal
Total Cholesterol		
LDL ("Bad") Cholesterol		
HDL ("Good") Cholesterol		
Triglycerides		
Blood Pressure		
Blood Sugar Level (Fasting Glucose)		
Body Mass Index (BMI)		
Waist (inches)		
Height (feet/inches) and Weight (pounds or lbs)		



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