Healthy Tracker Card

Name_____Duke Box #_____Unique ID #_____Email_____

PROGRAM GOAL (Circle one) **Weight Management BP Cholesterol Smoking Physical In-Activity Diabetes Health Maintenance Stress**

Date	Weight Management	Blood Pressure	Cholesterol	Smoking	Physical In-Activity	Diabetes	Maintenance	Stress
T1 __/__/__								
T2 __/__/__								
T3 __/__/__								

NOTES/COMMENTS

Risk Factor	Annual Indicator of Success
Weight Management	• If >30% overweight, lose 10% of weight in 12 months • If above ideal weight but less than 30% overweight, lose 10% of body weight in 12 months
Blood Pressure	• If uncomplicated hypertension: success is below 140/90 • If over 140/90 and complicated by disease or clinical cardiovascular disease-Talk to physician for guidance/direction of a measurable goal
Cholesterol	• Reduction of total cholesterol to 200 or below • Reduce total cholesterol by 10% or more if total cholesterol is above 240
Smoking	• Complete a Smoking Cessation Class or other LFL Smoking Cessation intervention AND • Quit Smoking (Self-Reported)
Diabetes	• Fasting Blood Sugar below 126
Health Maintenance	• Maintain or keep under high-risk, each health measure listed above.
Physical In-Activity	• Step Test • Reduction in recovery heart rate by moving toward a more positive fitness category. • If classified as “Good” or above, participant must maintain this classification.
Stress	▪ Completion of LIVE FOR LIFE’s Success over Stress Program including Perceived Stress Scales at beginning and end of program