



Wellbeing Activity

Keep a Health Log

Use an app, spreadsheet, or journal to log your heart health metrics. You may want to reference some of your old lab values from past doctor's visits to uncover trends over time. Below are some numbers you may choose to monitor:

- Blood Pressure
- Body Weight
- Heart Rate
- Cholesterol
- HDL
- LDL
- Cardiovascular exercise minutes
- Blood Sugar