

Creative Solutions

♥ Heart Wealth™ Tracker

♥ Heart Wealth™ is all about awareness, access and action.

♥ Heart Wealth and heart health focuses on empowering you to actively participate in your healthcare.

Blood pressure, heart rate, cholesterol and glucose numbers are signals from your body.



This tracker can help you notice patterns, prepare for medical visits and collaborate more confidently and effectively with your providers.

Creative Solutions



www.creativeLCSW.com

♥ Heart Wealth™ Tracker: Know Your Numbers

♥ Heart Wealth™ | Creative Solutions for Wellness

Serlina James, LCSW, LICSW, LISW-CP

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How to Use This Tracker

This document is not medical advice. It is a self-awareness, optional documentation tool. Use it consistently and take it with you to appointments for best results.

Identify and report changes. Write down questions before & during your visit.

Ask all of your questions while in the office. Your voice matters in your care.

Key Heart Health Numbers to Track

- Blood Pressure
 - Resting Heart Rate
 - Cholesterol (Total, LDL, HDL)
 - Iron Level
 - Blood Sugar / A1C (if applicable)
 - Weight or Waist Circumference
- _____

Daily / Weekly Tracking Table

Date	BP	Heart Rate	Cholesterol	Blood Sugar	Notes

Reflection & Provider Collaboration

- When are my numbers higher or lower?
- What was happening emotionally or physically at that time?
- What questions do I want to ask my provider?

Appointment Notes:

In loving memory of Teresa Boyd James.

 Heart Wealth™ continues her love for community and care.

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