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	My Target	Week 1
Weight		
BMI	Under 25 (pg 10)	
Waist/Hip	See Page 11	
Inch of Pinch	< 1" (pg 12)	
Blood Pressure	120/80 or < (pg 27)	
Total Cholesterol	See Page 24	
LDL	See Page 24	
HDL	See Page 24	
Triglycerides	<150 (pg 26)	
HBA1C	6.1 or < (pg 29)	
CRP	Negative (pg 29)	
Homocysteine	40 or < (pg 31)	
Lp(a)	Negative (pg 31	

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Week 3	Week 8	Follow-up (6 Mo—1 Yr)
Recheck if abnormal	Recheck if abnormal	Recheck if abnormal
Recheck if abnormal	Recheck if abnormal	Recheck if abnormal
Recheck if abnormal	Recheck if abnormal	Recheck if abnormal
Recheck if abnormal	Recheck if abnormal	Recheck if abnormal

Healthy Heart Miracle

ePlan

Instructions: To track your before and after progress, use this ePlan by printing and folding twice (first horizontal and then vertical) to make a small booklet.

The Healthy Heart Miracle book recommends lab tests at Week 1, Week 3 and Week 8. Record the results of these tests in the appropriate boxes.

You will want to schedule testing with your physician or go to our "Shopping" link at www.healthyheartmiracle.com to find a lab near you.

For best results, you will need to purchase a copy of The Healthy Heart Miracle book. It's available at bookstores everywhere and at www.amazon.com

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Healthy Heart Miracle

ePlan

Before & After Progress Journal

Name: _____

Date: _____

This ePlan is designed to work with The Healthy Heart Miracle book by Dr. Gabe Mirkin. You will need to purchase a copy for full explanation.

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