



# The Healthy Heart Miracle Personal Roadmap



## OTHER STRATEGIES

	NEED TO DO	ALREADY DONE	DOES NOT APPLY TO ME
Stop smoking ( <i>see Week 8</i> )			
For morbid obesity (over 100 pounds)—Consult with your doctor or healthcare provider ( <i>see Week 8</i> )			
For chronic inflammation or infection—Consult with your doctor or healthcare provider			
For depression or panic attacks—Consult with your doctor or healthcare provider			
For any other major health issues—Consult with your doctor or healthcare provider			
Recheck abnormal blood tests (check with your doctor for schedule)			
Monitor/log blood pressure daily/weekly/monthly/yearly ( <i>see Week 4</i> )			
Monitor/log weight loss efforts weekly/monthly/yearly			
Monitor/log weight maintenance monthly/yearly			
Monitor and log muscle gain efforts weekly/monthly/yearly			
Pursue stress-reducing activities  _____  _____  _____			

For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mirkin.  
Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7