



The Healthy Heart Miracle

BEFORE AND AFTER PROGRESS WORKSHEET

NOTE: *Shaded boxes indicate that following tests or measurements do not need to be taken.*

	My Target	Week 1	Week 3	Week 8	Follow-up (6 months or 1 year)
Weight					
BMI	Under 25 See page 10		n/a		
Waist/Hip	See page 11		n/a		
Inch of Pinch	Under 1" See page 12		n/a		
Blood Pressure	120/80 or lower See page 27				
Total Cholesterol	See page 24				
LDL	See page 24				
HDL	See page 24				
Triglycerides	150 or lower See page 26				
HBA1C	6.1 or lower See page 29		n/a	Recheck if abnormal	Recheck if abnormal
CRP	Negative See page 29		n/a	Recheck if abnormal	Recheck if abnormal
Homocysteine	40 or lower See page 31		n/a	Recheck if abnormal	Recheck if abnormal
Lp(a)	Negative See page 31		n/a	Recheck if abnormal	Recheck if abnormal

NOTE: *Lab values can vary. Your lab report will show the normal range for each test used by that lab. Check with your doctor for an explanation and retesting recommendations.*

To download this form, go to www.healthyheartmiracle.com

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