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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) |
|---|---|---|
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| | | |
| | | |
| 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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