



**Move More**



**Eat Healthy**



**Stress Less**



**Control Blood Pressure**



**Manage Cholesterol**



**Manage Blood Sugar**



**Quit Smoking**



**Work with a Doctor**

**Improving your heart health starts with these small steps.**

**Write down your goals. Track your progress by checking the days you meet your goal.**

### Goal #1

\_\_\_\_\_

\_\_\_\_\_

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



### Goal #2

\_\_\_\_\_

\_\_\_\_\_

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

