guide only
...does not print

EuroAction
for our hearts

Name

Address

Your nurse or doctor

Name

Contact details

Attendance record

Sessions attended	Date
First assessment	
First follow-up	
Second follow-up	

Summary of targets

Smoking	No smoking
Healthy eating	Eat heathily
Physical activity	A total of 30 minutes' moderate activity a day, on at least 5 days a week
Body mass	20-25 kg/m^2
Waist	*Men:* Below 94cm (37 inches) *Women:* Below 80cm (31$^1/_2$ inches)
Blood pressure	Below 140/90 *If you have diabetes:* Below 130/85
Cholesterol	Below 5 mmols per litre Below 190 mg per decilitre
LDL cholesterol	Below 3 mmols per litre Below 115 mg per decilitre
Glucose	Below 6.1 mmols per litre (110 mg per decilitre) – fasting blood glucose

Medicines for your heart

Medicine	Dose

Diagnosis

Date	

Procedures

	Date	Comment
Coronary artery bypass surgery		
Coronary angioplasty with stenting		
Other		

Tests

	Date	Comment
ECG (Electrocardiogram)		
ETT (Exercise tolerance test)		
Echocardiogram		
Coronary angiogram		
Other		

Risk factor targets and results

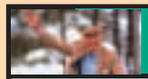
Smoking

Target: No smoking

Date	Target	Comment

Healthy eating

Date	Target	Comment



Physical activity

Target: A total of 30 minutes' moderate activity a day, on at least 5 days a week

Date	Target	Comment

Weight

	Weight	Body mass	Waist
Targets Date		20–25 kg/m²	*Men:* Below 94 cm (37 inches) *Women:* Below 80 cm (31½ inches)

Blood pressure

Target: Below 140/90
If you have diabetes: Below 130/85

Date	Result	Date	Result

Cholesterol

	Cholesterol	LDL cholesterol
Target	Below 5 mmols per litre Below 190 mg per decilitre	Below 3 mmols per litre Below 115 mg per decilitre
Date		

Glucose

	Fasting blood glucose
Target	Below 6.1 mmols per litre Below 110 mg per decilitre
Date	