

YOUR COMPANY NAME

SMART GOALS WORKSHEET: WEIGHT LOSS FOR BETTER HEART HEALTH

DATE GOAL IS SET:

CURRENT WEIGHT:

CURRENT BMI:

TARGET WEIGHT:

TARGET BMI:

MEASUREMENTS

BLOOD PRESSURE:

HDL:

LDL:

OVERALL CHOLESTEROL:

MY SMART GOAL	TARGET WEIGHT _____	TARGET BMI _____	TARGET DATE _____
A SMART GOAL IS: Specific, Measureable, Attainable, Realistic/Relevant, Timed			
Milestone #1:	Due Date:		
Milestone #2:	Due Date:		
Milestone #3:	Due Date:		
Milestone #4:	Due Date:		
Milestone #5:	Due Date:		
Conclusions:			

Resources

BMI Tool: http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Resource: TOTAL CHOLESTEROL LEVELS

Less than 200 mg/dL: desirable

200-239 mg/dL: borderline high risk

240 and over: high risk

Resource:

Resource:

Resource:

YOUR BUSINESS INFORMATION

[Street Address], [City], [State] [Postal Code]

PHONE

[Your Phone]

FAX

[Your Fax]

WEB

[Web Address]