**Heart Health Passport**  Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1 - About Me**

Name

Birth Year Gender

**2 – My Body Mass**

Height cm BMI

Weight kg Optimal: 18.5-24.9

BMI High risk: <18.5 or

>30

**3 – My Body Shape**

Waist cm High Risk

S/E Asian: M >90cm

F >80cm

All Other: M >102cm

F >88cm

**4 – My Blood Pressure**

Arm L R Target (circle one)

mmHg < or = 130/80 mmHg

mmHg < or = 140/90 mmHg

**5 – My Current Medications (prescription, non-prescription,**

**supplement and natural health remedies)**

**6 – My Risk Factors**

Personal history of heart disease, diabetes, kidney disease

Premature heart disease in mother, father, sibling

High blood pressure

Current or recent tobacco use

Physical inactivity (< 30 minutes/day)

High risk waist measurement

High risk BMI

**7 – My Framingham Risk Score (Using BMI)**

My Framingham Risk Score is %

This percentage estimates the risk of having a heart attack or stroke in the next 10 years.

**8 – My Plan**

Physical Activity

Dietary changes

Reduce/quit tobacco use

Other

Follow up with pharmacist

Follow up with family doctor or GP

**9 – Consulting Pharmacist**