

Health numbers and habits tracker



Welcome! This tracker is designed to help you take charge of your heart and brain health by tracking your key health numbers and habits over time.

Inside, you'll find pages to help you track the following:

 Health numbers	• Blood pressure • Cholesterol • Blood sugar	Health numbers offer important clues about your heart and brain health. Tracking them over time can help you and your healthcare provider spot changes and any issues early.
 Health habits	• Stress levels and self-care practices • Physical activity • Sleep • Eating habits	Health habits can be easier to build and maintain when you track them. It can also help you notice patterns and make informed adjustments.

How to use the tracker:

- Choose the format that works best: fill it out digitally or print it
- Log your numbers after appointments, lab tests or self-checks
- Track habits for a few days, weeks (or longer), especially when building new routines or preparing for a healthcare appointment
- Need more space? Just print or copy extra pages as needed
- Share the tracker with your healthcare provider to showcase progress and to ask questions
- Don't worry about perfection. Small, consistent efforts and regular tracking can give you a clearer picture of your health and help you stay on course.

Need help?

If you're unsure about your numbers or how to fill in a section, talk to a healthcare provider for personalized advice. For more information about these numbers and habits, visit <https://www.heartandstroke.ca>



Blood pressure

High blood pressure is the #1 risk factor for stroke and a major risk factor for heart disease. Tracking your blood pressure can help you catch problems early and protect both your heart and brain. **Your blood pressure should be below 130/80**—even if just one of your numbers is at or above the normal range, it's considered high. [Learn more about blood pressure and how to measure it.](#)

Blood pressure measurements

Date	Time	Systolic pressure (top number) Target= below 130 mmHg	Diastolic pressure (bottom number) Target=below 80 mmHg	Notes
07/11/2025	8:00 AM	118 mmHg	76 mmHg	My blood pressure is in the healthy range. I'll keep up my walks and balanced meals.
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DD/MM/YYYY				
DD/MM/YYYY				
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DD/MM/YYYY				

Reference:
Goupil R, Tsuyuki RT, Santesso N, et al. Hypertension Canada guideline for the diagnosis and treatment of hypertension in adults in primary care. CMAJ. 2025;197(20):E549-E564. Published 2025 May 25. doi:10.1503/cmaj.241770



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Cholesterol

High blood cholesterol is a major silent risk factor for heart disease and stroke. Tracking your cholesterol can help monitor changes. A cholesterol blood test measures levels of different fats in your blood. Each type has its own healthy range; having too much or too little of certain types can increase your risk. [Learn more about cholesterol.](#)

Cholesterol measurements				
Date	Low density cholesterol (LDL) Target= below 3.5 mmol/L	High density cholesterol (HDL) Target (women)= above 1.3 mmol/L Target (men)= above 1.0 mmol/L	Non HDL cholesterol (total cholesterol – HDL cholesterol) Target= below 4.2 mmol/L	Triglycerides (TG) Target= below 1.6 mmol/L
20/11/2025	2.3 mmol/L	1.4 mmol/L	3.0 mmol/L	1.1 mmol/L
DD/MM/YYYY				
DD/MM/YYYY				
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DD/MM/YYYY				
DD/MM/YYYY				
DD/MM/YYYY				
DD/MM/YYYY				
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DD/MM/YYYY				

Reference:

Pearson G.J, Thanassoulis G, Anderson T.J, et al. 2021 Canadian Cardiovascular Society Guidelines for the Management of Dyslipidemia for the Prevention of Cardiovascular Disease in Adults. Can J Cardiol. 2021;37(8):1129-1150



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Blood sugar

High blood sugar is a major risk factor for heart disease and stroke. Having some sugar in your blood is essential for energy, but too much can be a problem. Checking and tracking your blood sugar over time helps you stay in control and can protect your health. Blood sugar can be measured in different ways, and healthy target ranges vary depending on the test. The targets below reflect typical healthy ranges for the general population. If you are living with prediabetes or diabetes consult with your healthcare provider about your target range. [Learn more about blood sugar.](#)

The blood tests used to measure blood sugar are:

- **Random blood test** (Test at any time. Could be tested with finger prick. Results will vary depending on when you ate last).
 - Target = less than 11.1mmol/L
 - Might be between 3.0-7.0 if you haven't eaten in awhile
- **A1C** (shows average blood sugar over 2-3 months)
 - Target = Less than 6.0 %
- **Fasting blood glucose** (haven't eaten in 8+ hours before test)
 - Target = less than 6.1mmol/L
- **Oral glucose** (given sweet liquid and tested 1-3 hours after)
 - Target = less than 7.8mmol/L

Blood sugar measurements

Date	Time	Reading	Type of test (Hemoglobin A1C, fasting blood glucose, oral glucose, or random blood glucose)
20/11/2025	3:02 PM	5.3 mmol/L	A1C
DD/MM/YYYY			
DD/MM/YYYY			
DD/MM/YYYY			
DD/MM/YYYY			
DD/MM/YYYY			
DD/MM/YYYY			
DD/MM/YYYY			

Reference:

Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes. 2018;42(Suppl 1):S1-S325.



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Stress and self-care

Stress levels, self-care practices and mood all play a role in heart and brain health. Chronic stress can increase blood pressure and increase the risk of heart disease and stroke. Healthy coping strategies and self-care can reduce those risks and support your overall well-being. Making time for rest, movement and activities that support your mental well-being helps protect both your heart and brain. [Learn more about reducing stress.](#)

Stress and self-care		
Date	What did you do today to support your mental health?	How are you feeling today?
05/12/2025	Took a 20-minute walk outside and listened to music.	A bit anxious but trying to take things one step at a time.
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DD/MM/YYYY		
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Physical activity

Heart and brain health are strengthened by regular physical activity. Being physically active is one of the best ways to protect your health. Aim for at least 150 minutes of moderate-to-vigorous physical activity each week by moving your body most days. Choose activities you enjoy, and start with small steps, gradually increasing your time and effort as you build your routine. [Learn more about staying active.](#)

Physical activity intensity legend

- L** Light physical activity includes activities like stretching or casual walking.
- M** Moderate physical activity includes activities like brisk walking or bike riding.
- V** Vigorous physical activity includes activities like running or playing soccer.

Physical activity			
Date	Type of physical activity	For how long?	At what intensity? Low (L), Moderate (M) or Vigorous (V)
05/12/2025	Biking	30 minutes	M
DD/MM/YYYY			
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Sleep

Good sleep is measured by its quality and duration. Getting enough high-quality sleep is vital for your overall health and well-being. It boosts your mood, energy and ability to manage stress, while also lowering your risk of heart disease and stroke. It's recommended that **you aim for 7-9 hours of quality sleep per night.** [Learn more about sleep habits.](#)

Sleep quality legend

1 (Very poor) Hardly slept or felt exhausted in the morning.

2 (Poor) Slept lightly, restless night, or woke up tired.

3 (Fair) Took a while to fall asleep or woke up several times.

4 (Good) Minor waking during the night but felt rested.

5 (Excellent) Fell asleep easily, slept through the night, woke up refreshed.

Sleep		
Date	Sleep duration (hours)	Sleep quality (rate from 1-5)
15/08/2026	8 hours	4- I had a good night's rest but I did wake up a couple of times in the night



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Eating habits

Healthy eating supports your heart and brain health and starts with everyday choices. **Eating balanced meals with vegetables, fruit, whole grains and protein, especially plant-based options, while limiting ultra-processed foods and sugary drinks**, lowers the risk of heart disease and stroke. Consistent eating patterns also help keep your energy steady throughout the day. [Learn more about eating habits.](#)

Eating habits					
Date	Breakfast	Lunch	Dinner	Snacks	Fluids (1 cup=250ml)
05/12/2025	Oatmeal with banana and almond butter	Lentil soup, half tuna sandwich, apple	Pasta with tomato sauce, spinach, peppers, chicken and parmesan	Veggie sticks with hummus	2 cups tea 5 cups water
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