

How Can I Keep Track of Exercise and Eating?

Taking care of your heart is one of the most important things you can do in life. Planning a diet and an activity program is the key to success. Prepare yourself by...

- Being committed to change
- Setting specific and realistic goals

- Thinking about possible roadblocks
- Deciding how to deal with problems
- Not being discouraged by minor setbacks

My activity log

Develop a 4–8-week plan with your health care professional. Use this sample chart to keep track of your efforts.

Sample Plan: I plan to walk for 30–60 minutes 5 or more times each week

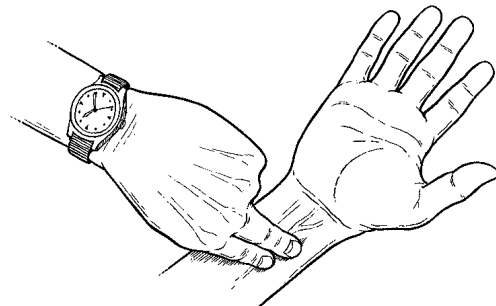
Date	Type of Exercise/Activity	Total Minutes	How I Felt

Your target heart rate

If your goal is to improve the fitness of your heart and lungs, you should bring your heart rate to a range called the “target heart rate zone.” When you stop exercising, quickly take your pulse to find out your heartbeats per minute, bpm (see picture). Figure your maximum heart rate by subtracting your age from 220. Your target heart rate zone is 50–75% of your maximum heart rate.

So, if you’re 50 years old, your maximum heart rate is 170 and your target heart rate zone is 85–127.

My target heart rate range: _____ bpm



To get your pulse rate, count the number of beats for 10 seconds and multiply by 6. Ask your health care professional to teach you how to know if you’re exercising within your target heart rate zone.

My eating plan goals

Talk about your diet with your doctor, nurse or dietitian. Together, fill in your goals in the blanks below. Then use the sample chart to keep track of what you eat every day.

_____ No. of calories per day
_____ No. grams of saturated fat per day
_____ Weight (weigh yourself once a week)

Foods to avoid or reduce:

Foods to include or increase:

Make a chart like the one on the right to keep track of your daily intake of calories and saturated fat. You can get this information from the Nutrition Facts label on food packages

and from books like the *American Heart Association Brand Name Fat and Cholesterol Counter, Second Edition*. It's available where books are sold and in grocery stores.

	No. of Calories	No. of Saturated Fat Grams
Breakfast		
Lunch		
Snacks		
Dinner		
Daily Total		

How can I learn more?

- Talk to your doctor, nurse or health care professional. Or call your American Heart Association at 1-800-242-8721, or the American Stroke Association at 1-888-478-7653.
- If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.

Do you have questions or comments for your doctor?

- Take a few minutes to write your own questions for the next time you see your doctor. For example:

How much weight should I lose?

How fast should I lose weight?
