My Cardiovascular Risk Snapshot

What I Can Change and What Changes the Goal

Fill in only the measures that apply to you, and leave the rest blank. Then set priorities with your clinician. This page is not a score or a diagnosis.

1. Blood Pressure

Recent readings:

My clinician-set goal:

Next step:

2. LDL-C and Apolipoprotein B (ApoB)

Low-density lipoprotein cholesterol (LDL-C) and ApoB: treatable plaque-forming risk.

LDL-C or ApoB, if measured:

My clinician-set LDL-C goal and ApoB goal, if used:

Next step:

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3. Blood Sugar and Diabetes Risk

Hemoglobin A1c (average blood sugar over about three months) or fasting glucose:

My clinician-set goal:

Next step:

4. Smoking, Tobacco, and Vaping

Where I stand:

My quit or stay-quit plan:

5. Movement and Functional Fitness

Current activity, mobility, or function:

My next safe, repeatable step:

Sleep, Stress, and Support

Typical sleep (hours):

Sleep-apnea assessment or treatment, if applicable:

One practical support:

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Context That Can Change the Goal

This tool tracks factors that can be modified, but it is not a complete risk calculator. Also review the medical and family-history context that may change treatment targets:

- [ ] Established coronary artery disease, ischemic stroke or transient ischemic attack, aortic atherosclerosis, or peripheral artery disease
- [ ] Coronary plaque or calcium on imaging
- [ ] Chronic kidney disease
- [ ] Strong family history or familial hypercholesterolemia

Lipoprotein(a), or Lp(a), if measured (include nmol/L or mg/dL):

How this result changes my LDL-C or prevention plan:

Lp(a) is mostly inherited and usually does not fall meaningfully with lifestyle change. Its main role is to help determine how intensively LDL-C, ApoB, and other treatable risks should be managed.

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Context That Can Change the Goal (continued)

- [ ] Pregnancy complications or menopause before age 40
- [ ] Autoimmune or chronic inflammatory disease
- [ ] Prior chest radiation or cancer treatment that can affect the heart or blood vessels

Use Flow Tool 7, Family Flow Map, for family history and Flow Tool 5, Women’s and Pregnancy-Related Cardiovascular History Guide, for sex-specific history.

Work with your clinician to begin with the modifiable risk factor most likely to matter now. Then choose one change you can repeat.