



My Heart Health Action Plan™

Turn what you have learned into a plan that feels clear, realistic and possible to begin.

You do not need to work on every risk factor at once.
Begin with the area that matters most now or could make your next step clearer.

1



Choose My Main Priority

The area I want to focus on first is:

- | | | |
|---|--|---|
| ☐ Blood pressure | ☐ Movement | ☐ Smoking or alcohol |
| ☐ Cholesterol | ☐ Food pattern | ☐ Symptoms or palpitations |
| ☐ Blood sugar | ☐ Sleep or stress | ☐ Another area: _____ |

2



Know Why It Matters to Me

This matters because: _____

I would like to feel or understand: _____

3



Choose My Healthcare Step

- | | |
|--|---|
| ☐ Schedule or prepare for an appointment | ☐ Review medication or supplements |
| ☐ Complete or review recommended testing | ☐ Ask a specific question |
| ☐ Bring my home readings or symptom notes | |

My next healthcare step: _____

4



Choose My Everyday Actions

Choose up to three actions that feel realistic.

- | | |
|------------------|-------------|
| 1. I will: _____ | When: _____ |
| 2. I will: _____ | When: _____ |
| 3. I will: _____ | When: _____ |

5



Make the Plan Easier

What could get in the way? _____

What could make this easier? _____

Who or what could support me? _____

6



Review the Pattern

I will review my plan on: _____

I will look for changes in: _____

If the plan is not working, I will: _____



My Safety & Follow-Up Notes

Symptoms my healthcare provider wants me to watch: _____

When I should seek medical help: _____

Who I should contact with questions: _____



My First Step

The smallest action I can take in the next 24 hours is:

Gentle Reminder



A useful plan can change as you learn more.
Adjusting your next step is part of paying attention, not a failure.



Martine's Midlife Wellness Tip

Make your first action small enough to begin on an ordinary day. Momentum often grows after the plan feels manageable.