

6 Health Numbers to Track After 45

A simple checklist for better clinician conversations and a practical healthy-aging routine

Start with the basics

You do not need to track everything. Start with a few useful numbers that can help you notice patterns, ask better questions, and choose 1-3 habits to work on over the next 90 days.

Health number	Latest number / date	Question to ask
Blood pressure	___ / ___ mmHg Date: _____	Are my readings worth tracking at home or discussing further?
A1C or fasting glucose	A1C: ___% Glucose: ___ Date: _____	Which result matters most for me right now, and should it be repeated?
Lipids / cholesterol	LDL: ___ HDL: ___ TG: ___ Date: _____	How do my lipids fit into my overall cardiovascular risk picture?
Waist measurement	___ in/cm Date: _____	Is my waist measurement useful to track alongside weight and labs?
Resting heart rate	___ bpm Date: _____	Do my trends suggest anything about fitness, stress, recovery, or medication effects?
Strength or mobility baseline	Marker / result: _____ Date: _____	Which simple strength or mobility marker should I track over 90 days?

Your 90-day review

What improved?	_____

What slipped?	_____

Which 1-3 numbers will I focus on next?	_____

What is the next smallest useful habit?	_____

Bring these questions to your next appointment

- Which of these numbers should I repeat regularly?
- Are any results urgent, or are they worth tracking over time?
- Which lifestyle changes are safe for me?
- Should any abnormal result be repeated before acting on it?

Sources used for this educational checklist: American Heart Association blood pressure guidance, NIDDK A1C information, NHLBI blood cholesterol information, and National Institute on Aging exercise and physical activity guidance. Visit [FruitfulYears.com/tools](https://fruitfulyears.com/tools) for the latest version.

Educational note:

This checklist is not medical advice. Your clinician can help interpret your numbers in the context of your health history, medications, and goals.
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