TOWARD HEALTH

The Toward Health Score Worksheet

Know Your Numbers.

Blank worksheet packet

Use this worksheet to record your answers and any imaging results you already have.

HOW TO USE THIS WORKSHEET

1. Fill digitally or print. Select one option per question.
2. Answer what you know. Choose I don't know or Not sure where available, or leave an unanswered question blank until you know.
3. Use results from your imaging reports. A scan you have not had is not a normal or zero result.
4. For a calculated score, enter your answers at toward.health/score.

IN THIS PACKET

Pages 2–5	Blank worksheet
Page 6	Team before/after closing sheet

Educational score only; not a diagnosis or validated event-risk estimate. Imaging not performed is never a normal result.

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Select one option per question, or leave it blank until you know. Fill digitally or print.

CLINICAL AND METABOLIC FACTORS

1 **Do you have type 2 diabetes or prediabetes?**

The worksheet assigns 12 points for type 2 diabetes or fasting glucose over 126, and 6 for prediabetes or fasting glucose over 100. Choose the higher-point answer when both apply. If your only information is a glucose result of exactly 100 or 126, choose "Not sure" here; the worksheet does not explain those boundaries.

- ◯ Type 2 diabetes, or fasting glucose over 126
- ◯ Prediabetes, or fasting glucose over 100 and below 126
- ◯ Neither diagnosis, and fasting glucose below 100
- ◯ Not sure / I do not know my result

2 **Is your waist measurement above the worksheet threshold?**

This is a waist over 35 inches for women or over 40 inches for men, OR a waist-to-height ratio over 0.5. Divide waist size by height, using the same units. Any one of these criteria counts once, for 9 points.

◯ Yes ◯ No ◯ I don't know

3 **What do you know about your blood pressure?**

The worksheet asks about high blood pressure or medication for it. It assigns 7 points for a systolic reading over 130 and 3 for 120-129. Systolic is the top number. Exactly 130, or a diagnosis/medication with a reading below 120 or no known reading, is not clearly scored in the worksheet: choose "Not sure" here.

- ◯ Systolic blood pressure over 130
- ◯ Systolic blood pressure 120-129
- ◯ Below 120, with no high blood pressure diagnosis or medication
- ◯ Not sure / exactly 130 / medication or diagnosis without a covered reading

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TOWARD HEALTH

SCORE WORKSHEET

Blank worksheet

HEALTH FACTORS CONTINUED

4 **Do you have high triglycerides or low HDL cholesterol?**

The worksheet threshold is triglycerides over 150 OR HDL under 50 for women or under 40 for men. Either or both counts once, for 7 points. If neither known result meets a threshold but one result is missing, choose "I don't know."

◯ Yes ◯ No ◯ I don't know

5 **Do you currently smoke?**

The worksheet assigns 4 points for current smoking. A high overall score does not cancel the importance of this individual answer.

◯ Yes ◯ No

6 **Do you have an early family heart attack history or high LDL?**

A parent, grandparent or sibling had a heart attack before age 60, OR your LDL cholesterol is over 190. Either or both counts once, for 4 points. If neither is known to apply but either your family history or LDL result is unknown, choose "I don't know."

◯ Yes ◯ No ◯ I don't know

7 **Do you get less than 150 minutes of exercise each week?**

The worksheet assigns 4 points for less than 150 minutes of weekly exercise.

◯ Yes ◯ No

TOWARD HEALTH

SCORE WORKSHEET

Blank worksheet

LIFESTYLE FACTORS

8 **Have you eaten any of these foods in the last week?**

Fries, chips, cookies, crackers, cake, donuts, candy, ice cream or similar foods. The worksheet assigns 4 points for a yes answer, regardless of the number of occasions.

◯ Yes ◯ No

9 **Do you often feel chronically stressed, anxious or emotionally drained?**

The worksheet assigns 4 points for a yes answer.

◯ Yes ◯ No

10 **Do you experience poor sleep, frequent waking or symptoms of sleep apnea?**

The worksheet includes snoring and fatigue as examples and assigns 3 points for a yes answer. These symptoms do not diagnose sleep apnea.

◯ Yes ◯ No

11 **Do you drink alcohol more than three times per week?**

The worksheet assigns 3 points for drinking on more than three occasions per week. It asks about frequency, not the number of drinks.

◯ Yes ◯ No

ABOUT THIS WORKSHEET

An educational worksheet, not a diagnosis or a validated prediction of disease. A high score does not rule out a health concern. This is not a coronary calcium score.

TOWARD HEALTH

SCORE WORKSHEET

Blank worksheet

IMAGING

12 **What was your coronary calcium (CAC) score, if you have had a scan?**

Use the Agatston score from your report. A scan you have not had is not a zero result.

- ◯ I have not had this scan / I do not have the result
- ◯ CAC 0
- ◯ CAC 1–99
- ◯ CAC 100–299
- ◯ CAC 300 or higher

13 **What did your coronary CT angiogram (CCTA) report show?**

Choose the highest tier supported by either the maximum percent narrowing or TOTAL coronary plaque volume across the scanned vessels. Do not use a single-lesion volume or noncalcified volume alone. If you have no CCTA report, choose "not available."

- ◯ No CCTA / result not available
- ◯ No coronary plaque reported
- ◯ Definite plaque with <50% narrowing and no higher plaque-volume tier
- ◯ 50–69% narrowing OR total plaque volume >250–750 mm^3
- ◯ ≥70% narrowing, ≥50% left-main narrowing, OR total plaque volume >750 mm^3

14 **What did your carotid artery imaging report show?**

Use the more affected side. Visible plaque counts even when narrowing is below 50%. An unperformed test is not a normal test. Review symptoms or severe narrowing with your clinical team.

- ◯ No carotid scan / result not available
- ◯ No carotid plaque reported
- ◯ Plaque present, with <50% narrowing
- ◯ 50–69% narrowing
- ◯ ≥70% narrowing, near occlusion, or occlusion

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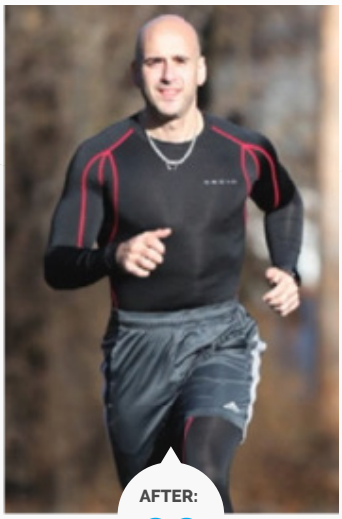
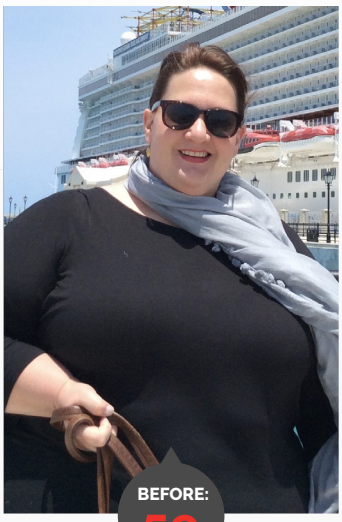
TOWARD HEALTH

PREVIOUS TOWARD HEALTH SCORE





- **There is always hope—no matter your age, health, or past choices.** It's never too late to change direction and reclaim your health.
- **You are not stuck.** With the right steps and support, real improvement can begin in as little as a few weeks—even after years of struggling.
- **Change is possible at any stage of life.** We have had patients, even at 80 years old, reverse type 2 diabetes and stop insulin completely by changing their diet and habits.
- **What no one tells you: Type 2 diabetes doesn't have to be lifelong.** Type 2 diabetes can often be reversed—not just managed—through lifestyle changes.
- **What no one tells you: You can lose weight and restore your health—without medication.** Obesity is not a life sentence. Your body can heal when given the right conditions.
- **Small steps, big results.** Simple, consistent actions can lead to major changes in metabolic health, energy, mood, and quality of life.
- **You are not alone—change is hard, but possible.** With guidance and a plan, transformation becomes achievable, even when it feels out of reach.
- **Don't wait for the perfect moment—the time to start is now.** Every day you take a step forward, your body moves closer to healing.