The Michigan 4 X 4 Plan

4 Key Healthy Behaviors

- Maintain a healthy diet
- Engage in regular exercise
- Get an annual physical examination
- Avoid all tobacco use

4 Key Health Measures

- Body mass index (BMI)
- Blood pressure
- Cholesterol level
- Blood sugar/glucose level

Michigan Health Dashboard: http://www.michigan.gov/mihealthandwellnessdashboard

County Health Rankings: http://www.countyhealthrankings.org/michigan

know your numbers

As part of the Michigan 4 x 4, take this card to your doctor so you can measure your success together.

	starting	goal	checkup progress
name:	date:	date:	date:
age:	weight: bmi:	weight: bmi:	weight: bmi:
height:	blood pressure:	blood pressure:	blood pressure:
notes:	cholesterol level:	cholesterol level:	cholesterol level:
	blood sugar level:	blood sugar level:	blood sugar level:

Michigan Department of Community Health
MDCH
Rick Snyder, Governor
James K. Haveman, Director

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20,000 printed @ .0816 cents with a total cost of $1,6

For more information see the 4 x 4 webpage, Michigan Health & Wellness at:
http://www.michigan.gov/healthymichigan

Click here to go to Michigan Health & Wellness Tools: