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/#app/michigan/2012
# Know Your Numbers

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

<table>
<thead>
<tr>
<th>starting</th>
<th>goal</th>
<th>checkup progress</th>
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</thead>
<tbody>
<tr>
<td>name:</td>
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<tr>
<td>age:</td>
<td>weight: bmi:</td>
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For more information see the 4 x 4 webpage, Michigan Health & Wellness at: [http://www.michigan.gov/healthymichigan](http://www.michigan.gov/healthymichigan)

Click here to go to [Michigan Health & Wellness Tools](http://www.michigan.gov/healthymichigan).