

Track Your Vascular Progress: Weekly Checklist

Your vascular system – all 60,000 miles of blood vessels, arteries, and capillaries – affects every aspect of your health. Every organ and system in your body depends upon proper blood flow.

When your vascular system is at optimal health, your whole body improves. Note that your clinician can very accurately measure your vascular health through many methods, including lab tests and devices. But you may be asking yourself: what might you notice at home?

Track yourself over time to identify what may be changing for you. For each row, put a number from 1–5. One means this is an issue, while 5 means you’re doing great.:

Track Yourself	Today	Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> Mental clarity					
<input type="checkbox"/> Sports or exercise performance					
<input type="checkbox"/> Stamina					
<input type="checkbox"/> Skin tone and color					
<input type="checkbox"/> Sexual performance					
<input type="checkbox"/> Warm and comfortable fingers and toes					
<input type="checkbox"/> Nerve discomfort (1 means often, 5 means none)					
<input type="checkbox"/> Muscle cramps (1 means often, 5 means none)					
<input type="checkbox"/> Headaches (1 means often, 5 means none)					
<input type="checkbox"/> _____					
<input type="checkbox"/> _____					
TOTAL SCORE					

As you tune in to the effects of your vascular system, you may notice other changes. Be sure to keep your practitioner informed. Support your whole body by supporting your vascular system.

Visit your physician for detailed and accurate tests.