

Diet and exercise diary



Keeping a record of your eating and exercise habits can help you see the progress you're making. Try listing all the foods you eat and drink and the exercise you do for a week or two. Identify areas where you might try something new — substitute a healthier food or learn a new exercise routine*, for example. If it helps, print one of these forms to use every week.

*Talk to your doctor before starting any new exercise routine.

Date	Breakfast	Lunch	Dinner	Snacks	Exercise: type and minutes	Weight

When diet and exercise alone aren't enough, adding CRESTOR can help.

In adults, CRESTOR is prescribed along with diet to lower high cholesterol, and to slow the buildup of plaque in arteries, as part of a treatment plan to lower cholesterol to goal.

CRESTOR is also prescribed to reduce the risk of heart attack and stroke in people without known heart disease but at increased risk based on age (men 50 years and older, women 60 years and older), elevated blood levels of hsCRP (a sign of inflammation that can be associated with increased risk of cardiovascular events), plus at least one additional risk factor (such as high blood pressure, low HDL "good" cholesterol, smoking, or family history of early heart disease).

Important Safety Information About CRESTOR

- CRESTOR is not right for everyone, including anyone who has previously had an allergic reaction to CRESTOR, anyone with liver problems, or women who are nursing, pregnant, or who may become pregnant
- Your doctor should do blood tests before and during treatment with CRESTOR to monitor your liver function
- Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away
- Elevated blood sugar levels have been reported with statins, including CRESTOR
- Be sure to tell your doctor if you are taking any medications
- Side effects: The most common side effects are headache, muscle aches, abdominal pain, weakness, and nausea

Talk to your doctor about prescription CRESTOR.


[Read full Prescribing Information](#) | [Read Important Information for Patients](#)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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