



Your On Track Guide for Whole-Person HCM Management

This workbook is your personal space to reflect on all the ways HCM impacts you, from your mind and body to daily life. Organizing your thoughts and experiences here can help you have clear, productive conversations with your HCM care team.

Each activity in this guide follows a simple structure:

1

REFLECT

Write down your thoughts, what you see, and other important details

2

ASSESS

Review your notes, thoughts, and feelings to figure out what you might want to do next

3

DISCUSS

Plan for a discussion with your HCM care team or other people you trust



Be sure to discuss changes or new activities in your guide with your HCM care team before making them part of your routine.

Craft Your HCM Message

GOAL: To help you prepare for conversations with family and friends—whether the topic is your HCM diagnosis or your ongoing HCM journey.

1 | REFLECT

Are there any people in your family, social, or work circles that you think need to know about your diagnosis?

MY PERSON TO SHARE WITH

e.g., my brothers and sisters

2 | ASSESS

What's the most important reason to tell this person/group?

MY REASON FOR SHARING

e.g., for support, they may be at risk

3 | DISCUSS

Build and practice your talk track! Tell them what HCM is and why you want them to know about it.

MY TALK TRACK



If you find it difficult to share your diagnosis, you are not alone.
Speak to your cardiologist or a genetic counselor if you need support.



Map Your Movement

GOAL: To explore your current physical activity and organize and get the ball rolling with your HCM care team to build a routine that works for you.

1 | REFLECT

What physical activities do you currently do? Don't judge them; just list them.

MY CURRENT PHYSICAL ACTIVITIES

e.g., walking, gardening

2 | ASSESS

How do you feel during these activities and after them?

HOW I FEEL DURING AND AFTER

3 | DISCUSS

What questions do you have about safe exercise or increasing your activity levels with HCM?

QUESTIONS FOR MY CARE TEAM



Your cardiologist is your most important partner in determining safe and healthy physical activity levels. Always discuss any changes or new activities with your doctor first.

Log My Food

GOAL: To track and understand your current eating and drinking habits, helping you identify patterns and areas where you might align more closely with heart-healthy recommendations.

1 | REFLECT

Pick one full day and write down anything you eat or drink that day

FOOD/DRINK - AMOUNT - PREP

e.g., chicken breast, 1/2 lb, steamed

2 | ASSESS

What are the thoughts and feelings you experienced while eating?

THOUGHTS AND FEELINGS

e.g., enjoyed dinner, ate a little too much

3 | DISCUSS

Review with your care team and discuss areas for improvement

QUESTIONS FOR MY CARE TEAM

e.g., what is a good substitute for butter?



This log is for your personal awareness. Always discuss significant dietary changes with your cardiologist or nutritionist.

My HCM Care Team

GOAL: To help you organize the different members of your HCM care team, and see where you may need additional support for whole-person health.

1 | REFLECT

Write down the names of those on your current HCM care team

MY HCM CARE TEAM

2 | ASSESS

Are there other specialists you think could be helpful for your whole-person health journey with HCM?

POTENTIAL NEW TEAM MEMBERS

3 | DISCUSS

What questions do you have about coordinating your care or involving other providers?

QUESTIONS FOR MY CARE TEAM



Work with your cardiologist to make sure your entire care team is collaborating to optimize your care. It's important that all members of your team stay up-to-date on your current condition.



Assess Your Rest

GOAL: To gauge your current sleep and rest habits, identify any challenges, and think about small ways to improve your “recharge” time.

1 | REFLECT

Describe your sleep and rest patterns over the last week. Record total hours of rest and how many naps you take

DAY - TOTAL SLEEP - # OF NAPS

e.g., Monday, 7 hrs, 2 naps

2 | ASSESS

How have your rest and sleep changed with HCM? What are your challenges to getting good rest?

OBSERVATIONS AND CHALLENGES

e.g., tired all day, trouble staying asleep

3 | DISCUSS

What questions do you have about improving your sleep or managing HCM-related fatigue?

QUESTIONS FOR MY CARE TEAM



Quality sleep is essential for both physical and mental well-being—including heart health.

If you are consistently struggling with sleep, please discuss this with your cardiologist.



Purpose & Passions Reflection

GOAL: To better understand how HCM may be influencing your sense of purpose and engagement.

1 | REFLECT

What daily or weekly activities give you a sense of purpose, accomplishment, or joy?

ACTIVITIES THAT I ENJOY

e.g., specific hobbies, creative pursuits

2 | ASSESS

How has HCM influenced your ability to engage in these activities? Have you had to stop any of them?

HOW HCM HAS AFFECTED THEM

3 | DISCUSS

How do you feel about HCM's effect on these activities?

HOW I'M FEELING



Having hobbies and interests can positively impact mental health, reduce stress, and promote overall well-being. Discuss important hobbies or interests with your care team.

Emotional Weather Report

GOAL: To acknowledge how your HCM diagnosis might be impacting your emotional well-being, and consider ways to support your mental health.

1 | REFLECT

How would you describe your emotional “weather” as it relates to your HCM over the past week?

MY EMOTIONAL WEATHER

e.g., Monday was a partly cloudy day

2 | ASSESS

When you feel anxious or stressed about your HCM, how does it typically show up in your daily life?

HOW IT SHOWS UP

e.g., loss of interest, irritability, sadness

3 | DISCUSS

Would you like to explore mental health support, such as a psychologist or support groups?

WHAT I'D LIKE HELP WITH



No one knows how you feel better than you. By speaking freely with your providers about how you are living with HCM, you help give a fuller picture to guide your care.