

**RECORD YOUR CHOLESTEROL LEVELS EACH TIME YOU HAVE IT MEASURED.
SEEING IMPROVEMENT WILL HELP YOU STAY ON TRACK!**

DATE OF CHECKUP		/ /	/ /	/ /	/ /	/ /	/ /
	HEALTHY LEVELS	MY GOAL LEVELS	VISIT 1	VISIT 2	VISIT 3	VISIT 4	VISIT 5
TOTAL CHOLESTEROL	Less than 200 mg/dl						
LDL	Less than 100 mg/dL to 129 mg/dL						
HDL	40 mg/dL or more						
TRIGLYCERIDES	Less than 150 mg/dL						

ONLINE HEALTH TRACKING TOOLS

Try these free resources that help you record and track your blood pressure, food and fitness:

- American Heart Association, <https://www.heart360.org>
- U.S. Dept. of Agriculture Super Tracker, food and physical activity trackers, <https://www.choosemyplate.gov/SuperTracker/default.aspx>

HEALTHY REMINDERS

- Lose weight if you're overweight.
- Eat healthy foods low in saturated fat, trans fat and salt.
- Eat five servings of colorful fruits and vegetables each day and choose low-fat dairy products.
- Get 30 minutes of physical activity most days of the week.
- If you smoke, stop. If you don't smoke, don't start. Avoid second-hand smoke.
- Take your medicine the way your doctor tells you.



This program was created by the Ohio Department of Health, in collaboration with Ohio physicians.
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