

CHOLESTEROL TRACKER

HOW TO CHECK YOUR CHOLESTEROL

1. A blood test is all it takes to get the four numbers your doctor needs to determine if your cholesterol level is putting you at risk for cardiovascular disease.
2. The best time to have the test is after you fast (don't eat) for eight to 12 hours before the test. This kind of test is called a lipid profile, and it measures total cholesterol (LDL cholesterol + HDL cholesterol), LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides.
3. 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						

*These numbers offer general guidelines, but may vary based on overall health and other factors. Ask your doctor about the results of your cholesterol test and what your goal levels should be.

TOTAL CHOLESTEROL LEVEL	CATEGORY
Less than 200 mg/dL	Desirable

LDL (BAD) CHOLESTEROL LEVEL	CATEGORY
Less than 100 mg/dL	Optimal

HDL (GOOD) CHOLESTEROL LEVEL	CATEGORY
60 mg/dL or more	Desirable
Less than 40 mg/dL	Low (increased risk)

TRIGLYCERIDE LEVEL	CATEGORY
Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline High

