

Record your progress

Your cholesterol test measures your LDL (bad), HDL (good), and total cholesterol, and triglycerides. Ask your doctor what your treatment goals are, and write down your results at each checkup. Knowing your levels can help you manage your cholesterol.

DATE	DID YOU FAST?	LDL (BAD) CHOLESTEROL	HDL (GOOD) CHOLESTEROL	TOTAL CHOLESTEROL	TRIGLYCERIDES

FOLD - - - - -

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My LDL cholesterol goal is: _____

Remember, if you did not fast (eat or drink nothing but water) for 9-12 hours before your cholesterol test, you should record only your **total cholesterol** and **HDL cholesterol** levels.

Trim along the orange line and fold on the dotted line.