



cholesterol tracker

date / /

Record your cholesterol levels after each doctor visit — along with your exercise and diet goals. Watch your progress, and stick to your plan.

	date of checkup	TOTAL CHOLESTEROL	LDL	HDL	TRIGLYCERIDES
previous levels	/ /				
current levels	/ /				
my level GOALS before my next appointment	/ /				

NEXT APPOINTMENT

eat healthy

healthy foods i added to my diet this week

-
-
-
-
-

foods or drinks that i need less of

-
-
-
-
-
-

physical activity

I commit to ___ minutes of physical activity _____ times a week.

This week, I will _____ for my physical activity.

notes
