My Cholesterol Levels

Each time you have your cholesterol checked, record the results below. Bring this chart to your next healthcare exam and discuss the results with your healthcare provider.

Date	Total Cholesterol	HDL	LDL	Triglycerides

This workbook is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.
©2007, 2008, 2010, 2011, 2012, 2013, 2015 StayWell, LLC. www.staywell.com 800-333-3032 All rights reserved. Made in the USA.