

## Cholesterol tracker

Use our handy cholesterol tracker to keep track of your cholesterol levels.

### My target levels

Your doctor will set your target levels with you. These may vary from person to person depending on your specific circumstances.

Target levels		
HDL cholesterol	HDL	
LDL cholesterol	LDL	
Triglyceride	TG	

### My cholesterol levels

My cholesterol levels		Date	Date	Date	Date
HDL cholesterol	HDL				
LDL cholesterol	LDL				
Triglyceride	TG				

For more healthy eating tips, visit [www.cholesteroltest.com.au](http://www.cholesteroltest.com.au)