

# Personal Cholesterol Record



Desirable Cholesterol Levels			
Total Cholesterol	HDL (good) Cholesterol	LDL (bad) Cholesterol	Triglycerides
Less than 200 mg/dL	60 mg/dL and higher is protective against heart disease	Less than 100 mg/dL	Less than 150 mg/dL

National Institutes of Health

My Cholesterol Levels				
Date	Total Cholesterol	HDL (good) Cholesterol	LDL (bad) Cholesterol	Triglycerides