



# Your Cholesterol Tracker

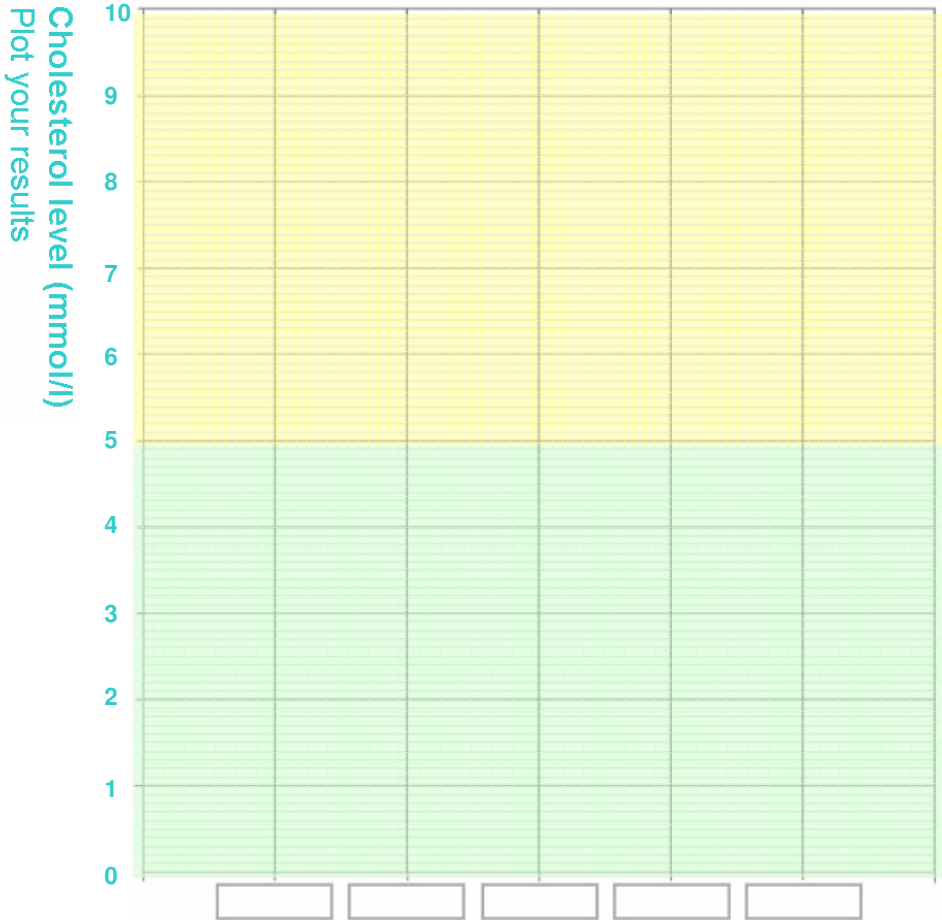


### HINT:

If you are trying to achieve healthier cholesterol levels, it's a great idea to keep track of your progress and to be able to see concrete results over time. Your GP will know how often you should have your cholesterol checked. Whenever you do, use this table and graph to chart your success.

Name

Date	Cholesterol Level (mmol/l)		
	HDL	LDL	TOTAL
You should aim for...	above 1	below 3	below 5



### Cholesterol Level (mmol/l)

Your cholesterol is measured in 'millimoles', which is simply the standard unit for measuring cholesterol. Your number is based on how many millimoles of cholesterol there are in every litre of blood (mmol/l).

### Your Target:

The medical consensus in the UK is that levels amongst healthy adults should be no higher than 5.0 mmol/l\* though you should always seek your doctor's advice.

Date

Fill in the dates of your tests

\* Second Joint Task Force of European and other Societies on Coronary Prevention 1998 suggest that the healthy total cholesterol level should be below 5.0mmol/L and LDL cholesterol should be below 3.0 mmol/L.