

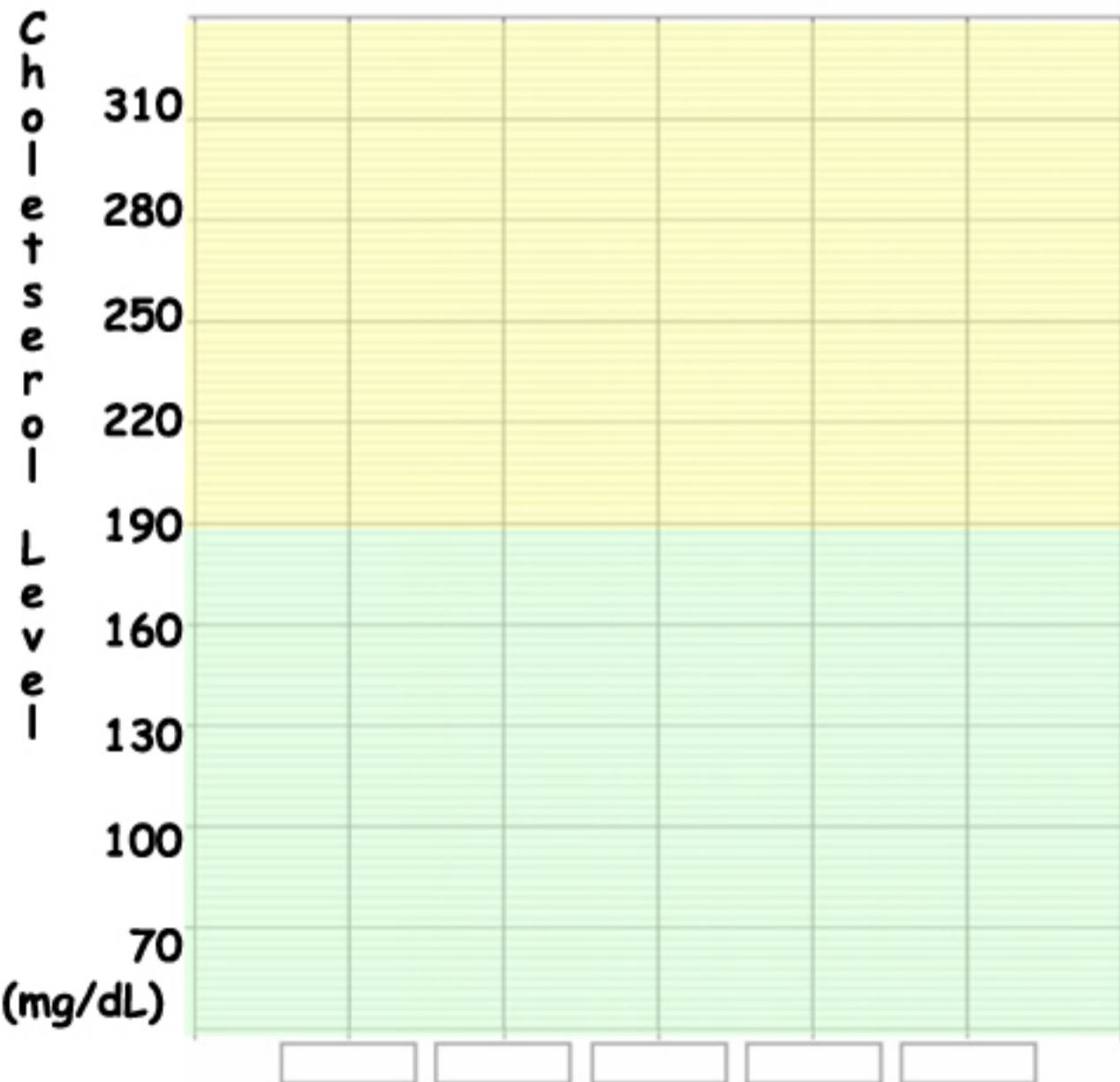


**HINT:**

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	
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Date	Cholesterol Level		
You should aim for ...			



**Cholesterol Level (mg/dL):**  
Cholesterol is measured in milligrams per deciliter of blood (mg/dL).

**Your Target:**  
The medical consensus of the Joint British Societies is that the levels amongst healthy adults should be:

- Total Cholesterol level less than 190 mg/dL
- LDL Cholesterol level less than 130 mg/dL

Though you should always seek your doctor's advice.

fill in the dates of your test