



Petal & Paper

YOUR FREE PRINTABLE

Cholesterol tracker



Find more free wedding printables at
247printables.com

Page 2 is your clean, ready-to-print template — edit the text in any free PDF editor.



C H O L E S T E R O L M O N I T O R I N G

cholesterol tracker

What the numbers mean (UK guidelines)

Total cholesterol: target below 5 mmol/L
LDL (bad) cholesterol: target below 3 mmol/L
HDL (good) cholesterol: target above 1 mmol/L (men) / 1.2 (women)
Triglycerides: target below 1.7 mmol/L
Ratio (total / HDL): target below 4

Reading 2

Date: ____ Total: ____ LDL: ____ HDL: ____ Trig: ____

Ratio: ____ Change since last:

Lifestyle changes made:

Reading 1

Date: ____ Test location: GP / pharmacy / home

Total: ____ LDL: ____ HDL: ____ Triglycerides: ____

Ratio: ____ GP comment:

Medication started / changed:

Readings 3–4 and summary

Reading 3: Date ____ Total ____ LDL ____ HDL ____

Reading 4: Date ____ Total ____ LDL ____ HDL ____

Trend: improving ☐ stable ☐ worsening ☐

Next GP review: _____