

Cholesterol Tracker

Name: _____

Month: _____

Average: CHO _____ HDL _____ LDL _____ TGs _____

Day	Cholesterol	HDL	LDL	Triglycerides	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
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31					