

# GOAL CARD

My LDL-Cholesterol Goal is:

mg/dL

Date Tested	LDL (Bad) Cholesterol	HDL (Good) Cholesterol	Total Cholesterol	Triglycerides	Weight	Blood Pressure
	mg/dL	mg/dL	mg/dL	mg/dL		
	mg/dL	mg/dL	mg/dL	mg/dL		
	mg/dL	mg/dL	mg/dL	mg/dL		
	mg/dL	mg/dL	mg/dL	mg/dL		
	mg/dL	mg/dL	mg/dL	mg/dL		
	mg/dL	mg/dL	mg/dL	mg/dL		
	mg/dL	mg/dL	mg/dL	mg/dL		
	mg/dL	mg/dL	mg/dL	mg/dL		

## TRACKING YOUR SUCCESS

An important part of managing your high cholesterol is tracking your progress. Your doctor will routinely measure your cholesterol levels, and you may want to monitor your progress using this Goal Card. Be sure to take this card with you to your next doctor's appointment.

## QUESTIONS TO ASK YOUR DOCTOR:

- ▼ What is my LDL (Bad) Cholesterol number?
- ▼ What is my LDL (Bad) Cholesterol goal?
- ▼ Do I have any additional risk factors for heart disease?
- ▼ What else can I do to reach my LDL (Bad) Cholesterol goal?

