

Cholesterol Health Journal

3 helpful tools in 1 to support your personal cholesterol management



Cholesterol Tracker
Meal Diary
Exercise Log

Helpful tip: Bring this journal each time you visit your doctor to discuss your progress.

Making your journal:

1. Print 1 copy of this cover and the Cholesterol Tracker (PDF pages 1 and 2)
2. Print 4 copies of the Weekly Meal Diary and Exercise Log to record one month's progress (PDF pages 3 and 4)
3. Staple, paper clip, or three-hole punch the pages and place them in a folder or binder to create your journal.

Cholesterol Tracker

Use this tool to track your progress toward reaching your target cholesterol levels. First, work with your doctor to set appropriate cholesterol and triglyceride target levels for you. Enter your target levels in the spaces provided below. Then be sure to take this tracker with you during follow-up visits so you can track your progress by writing in the results each time you have your cholesterol tested.

My Cholesterol Levels					
	Target Levels:	Test Date:	Test Date:	Test Date:	Test Date:
Triglyceride Level (trigs)	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
Good Cholesterol Level (HDL)	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
Bad Cholesterol Level (LDL)	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
Total Cholesterol	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL

National Cholesterol Education Program (NCEP) Guidelines*	
Normal Triglyceride Level	Less than 150 mg/dL
Good Cholesterol (HDL) Level Classifications	High HDL is 60 mg/dL or higher
	Low HDL is less than 40 mg/dL
Bad Cholesterol (LDL) Level Goals	0-1 risk factor: Less than 160 mg/dL
	2+ risk factors: Less than 130 mg/dL
	Coronary heart disease or diabetes: Less than 100 mg/dL
Desirable Total Cholesterol Level	Less than 200 mg/dL

*Your doctor will look at your levels and your complete health history to determine what your cholesterol levels should be. Your LDL target level depends on how many risk factors you have, such as your age, family history, cigarette smoking, high blood pressure, or low good cholesterol (HDL).

Helpful Tip:

Know your cholesterol numbers and follow the cholesterol management program you develop with your doctor. If your doctor recommends medication in addition to a healthy diet and exercise, keep in mind these helpful tips:

- Talk to your doctor about any questions, concerns, or problems you may have
- Take your medication exactly as your doctor prescribes
- Keep a record of your medications, their dosage levels, and any side effects
- Take your medication at the same time every day
- Don't stop taking or change your medication without talking to your doctor first
- Consult your doctor about over-the-counter medications before taking them

Weekly Meal Diary

Eating a healthy diet is the first step toward improving your cholesterol levels. The key is to be honest with yourself: write down everything that you eat each day, including beverages. Some people find it easier to note what they eat or drink immediately after each meal or snack rather than at the end of the day when they're tired and more prone to forget. Once you've consistently recorded your food and beverage intake for a couple of weeks, take a few minutes to look back and see if there are any changes you can make for healthier food choices.

Print or copy a blank Meal Diary to keep track of your food and beverage intake each week.

Day/Date	Food or Beverage (type and amount)			
Sun _____	Breakfast		Dinner	
	Lunch		Snacks	
Mon _____	Breakfast		Dinner	
	Lunch		Snacks	
Tues _____	Breakfast		Dinner	
	Lunch		Snacks	
Wed _____	Breakfast		Dinner	
	Lunch		Snacks	
Thurs _____	Breakfast		Dinner	
	Lunch		Snacks	
Fri _____	Breakfast		Dinner	
	Lunch		Snacks	
Sat _____	Breakfast		Dinner	
	Lunch		Snacks	

Weekly Exercise Log

Regular physical activity is an important part of an overall cholesterol management plan. Work with your doctor to develop an exercise plan that's appropriate for your fitness level and personal health goals.

My physical activity goal for this week: _____

Get Ready

- Talk to your doctor before starting any new exercise program
- Learn what activities are right for your fitness level
- Start slowly and gradually increase your activity

Get Started

- Choose activities you enjoy and that easily fit into your life
- Stay motivated and have fun by being active with a friend
- Write down your goals and track your progress

Record how long you did each activity								
Type of Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Minutes or Hours
My total number of minutes or hours being physically active this week:								