Use this chart to keep track of your cholesterol levels.

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| --- | --- | --- | --- | --- |
| **Date**  DD/MM/YY | **LDL**  mmol/L  **My target is \_\_\_\_\_** | **HDL**  mmol/L  **My target is \_\_\_\_\_** | **Triglycerides**  mmol/L  **My target is \_\_\_\_\_** | **Total Cholesterol**  mmol/L  **My target is \_\_\_\_\_** |
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