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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