

Cholesterol Tracker

A simple log for your lipid panel results

What this is

A printable log for recording the results of your cholesterol (lipid panel) blood tests over time. Unlike blood pressure, cholesterol is usually checked every few months to once a year rather than daily. Keeping a running log of your total cholesterol, LDL, HDL, and triglycerides makes it far easier for you and your doctor to see whether diet, exercise, or medication changes are moving your numbers in the right direction.

How to use it

- Each time you get a lipid panel done, record the date and whether it was a fasting or non-fasting draw.
- Copy the Total Cholesterol, LDL, HDL, and Triglyceride values from your lab report onto the log.
- Use the Notes column for anything relevant — a new medication or dose change, a diet change, or how you were feeling.
- Bring the completed log to your next appointment, or photograph it to send to your care team.

Cholesterol categories (American Heart Association / NCEP ATP III)

Total Cholesterol (mg/dL)

Category	Total Cholesterol (mg/dL)
Desirable	Below 200
Borderline High	200 - 239
High	240 or higher

LDL (“bad”) Cholesterol (mg/dL)

Category	LDL (mg/dL)
Optimal	Below 100
Near Optimal / Above Optimal	100 - 129
Borderline High	130 - 159
High	160 - 189
Very High	190 or higher

HDL (“good”) Cholesterol (mg/dL)

Category	HDL (mg/dL)
Low (higher risk)	Below 40 (men) / Below 50 (women)
Better	40 - 59
Protective	60 or higher

Triglycerides (mg/dL)

Category	Triglycerides (mg/dL)
Normal	Below 150
Borderline High	150 - 199
High	200 - 499
Very High	500 or higher

A note before you start

This log is a tool for organizing your own lab results so you and your doctor can spot trends together. It does not diagnose, treat, or replace medical advice. Always follow the care plan your physician has given you, and discuss any result you're concerned about with your care team.

Lipid Panel Log — Results 1-6

Date	Fasting?	Total	LDL	HDL	Trig.	Notes

Notes for the doctor (medication changes, diet, exercise, symptoms, etc.):

Lipid Panel Log — Results 7-12

Date	Fasting?	Total	LDL	HDL	Trig.	Notes

Notes for the doctor (medication changes, diet, exercise, symptoms, etc.):
