

DIABETIC & CHOLESTEROL LOG

Year: _____

Name: _____

Physician: _____

DATE / TIME	GLUCOSE (MG/DL)	TOTAL CHOL.	LDL	HDL	TRIGLYCERIDES	A1C (%)
TARGETS	70-130	< 200	< 100	> 40-50	< 150	< 7.0

DATE / TIME	GLUCOSE (MG/DL)	TOTAL CHOL.	LDL	HDL	TRIGLYCERIDES	A1C (%)
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Medication Adjustments & Lifestyle Notes:

This document is for personal tracking only. Always consult with a healthcare professional regarding clinical targets and medication.

Print Chart