

TOTAL CHOLESTEROL REFERENCE CHART

Adult Men (Age 20+)

Name:

Date of Test:

Total Cholesterol Level (mg/dL)	Category / Status	Recommended Action
Less than 200 mg/dL		Maintain healthy lifestyle and diet.
200 - 239 mg/dL		Review diet and activity with a physician.
240 mg/dL and above		Consult doctor for clinical intervention.

Lipid Component	Optimal Range (Men)	High Risk
LDL (Bad Cholesterol)	< 100 mg/dL	> 160 mg/dL
HDL (Good Cholesterol)	> 40 mg/dL	< 40 mg/dL
Triglycerides	< 150 mg/dL	> 200 mg/dL

Note: This chart is for educational purposes only. Interpretation of results should be performed by a qualified medical professional considering individual risk factors such as age, blood pressure, and smoking status.

Template Example Only - Not a Medical Diagnosis.