

# CHOLESTEROL TRACKING LOG

Women's Health Monitor

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

DATE	TOTAL (MG/DL)	LDL ("BAD")	HDL ("GOOD")	TRIGLYCERIDES	NOTES / WEIGHT
------	------------------	----------------	-----------------	---------------	----------------

## General Reference Ranges (Adult Women)

**Total Cholesterol** Desirable: < 200 mg/dL

High: 240+

**LDL (Bad)** Optimal: < 100 mg/dL

High: 160-189

**HDL (Good)** Low: < 50 mg/dL

Ideal: 60+

**Triglycerides** Normal: < 150 mg/dL  
High: 200-499

*\*Note: Target levels may vary based on personal health history. Always consult with your physician.*