



# GOAL TRACKER



**You're taking a cholesterol-lowering medicine, but is your LDL (bad) cholesterol where it should be? Use your goal card to help keep track of your results.**

## Know Your LDL Number

Don't know your LDL (bad) cholesterol number? You should. Knowing your LDL (bad) cholesterol number gives you and your doctor a standard for good health—much like your pulse or blood pressure.

Simply remove your goal card below and bring it to your next doctor appointment, then record your LDL (bad) cholesterol number and other test results. Seeing those numbers head in the right direction can help you stay on track.



**Goal for LDL (bad) Cholesterol** \_\_\_\_\_ mg/dL

	1st Visit	2nd Visit	3rd Visit
Date	/ /	/ /	/ /
Weight			
LDL (bad) Cholesterol			
HDL (good) Cholesterol			
Cholesterol Medicine/Dose			
Other Medicines*			

\*Tell your doctor about any prescription and nonprescription medicines you are taking or plan to take, including natural or herbal remedies.

## Know Your LDL Goal

You may be surprised to learn that many people don't know what their LDL (bad) cholesterol goals are. Your doctor will determine how low your LDL (bad) cholesterol level should be, based on your current and past medical history and any risk factors you may have for heart disease, especially if you have any of the following:

- ▶ High blood pressure
- ▶ Diabetes
- ▶ Low HDL (good) cholesterol
- ▶ Smoking
- ▶ High-fat/high-cholesterol diet
- ▶ Obesity
- ▶ Lack of physical activity
- ▶ Men aged 45 years or older
- ▶ Women aged 55 years or older
- ▶ Family history of heart disease

**Be sure to ask your doctor what your cholesterol goal should be. Then keep track with this handy cholesterol goal card.**



	4th Visit	5th Visit	6th Visit
Date	/ /	/ /	/ /
Weight			
LDL (bad) Cholesterol			
HDL (good) Cholesterol			
Cholesterol Medicine/Dose			
Other Medicines*			

\*Tell your doctor about any prescription and nonprescription medicines you are taking or plan to take, including natural or herbal remedies.



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