

Cholesterol Levels Tracker Chart

| Day | Date | Cholesterol | HDL | LDL | Triglycerides | Comments / Notes |
|-----|------|-------------|-----|-----|---------------|------------------|
| 1 | / / | | | | | |
| 2 | / / | | | | | |
| 3 | / / | | | | | |
| 4 | / / | | | | | |
| 5 | / / | | | | | |
| 6 | / / | | | | | |
| 7 | / / | | | | | |
| 8 | / / | | | | | |
| 9 | / / | | | | | |
| 10 | / / | | | | | |
| 11 | / / | | | | | |
| 12 | / / | | | | | |
| 13 | / / | | | | | |
| 14 | / / | | | | | |
| 15 | / / | | | | | |
| 16 | / / | | | | | |
| 17 | / / | | | | | |
| 18 | / / | | | | | |
| 19 | / / | | | | | |
| 20 | / / | | | | | |
| 21 | / / | | | | | |
| 22 | / / | | | | | |
| 23 | / / | | | | | |
| 24 | / / | | | | | |
| 25 | / / | | | | | |
| 26 | / / | | | | | |
| 27 | / / | | | | | |
| 28 | / / | | | | | |
| 29 | / / | | | | | |
| 30 | / / | | | | | |
| 31 | / / | | | | | |