## **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	/ /					

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