

Tracking Cholesterol, A1c and Weight

DATE									
Total Cholesterol									Optimal: less than 200 mg/dL
HDL Cholesterol H is High and Healthy									Optimal: 60 mg/dL or higher Men – 40 mg/dL or higher Women – 50 mg/dL or higher
LDL Cholesterol L is Low and Lousy									Optimal: less than 100 mg/dL
Triglyceride Stored Fat									Optimal: less than 150 mg/dL
A1C									Optimal: less than 7.0%
Fasting Blood Glucose (FBG)									Optimal: No diabetes - less than 100 With diabetes - less than 130
Weight									Optimal: Healthy weight!