

Personal Data Sheet #3

Update Annually

	Name
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Date	
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Cholesterol		Normal < 200
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LDL (lousy)		LDL and HDL #'s close
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HDL (good)		HDL as high as LDL ideally
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Triglycerides		Range near 100
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Note: Normal is considered less than 200; however, ideal is much lower than this.
The real numbers to watch are the ratio of LDL to HDL and try to have the HDL as high as the LDL.