# Cholesterol Tracker

**Record your cholesterol levels after each doctor visit — along with your exercise and diet goals.** Watch your progress, and stick to your plan.

## Eat Healthy

### Healthy Foods I Added to My Diet This Week
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### Foods or Drinks That I Need Less Of
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## Physical Activity

I commit to ____ minutes of physical activity ______ times a week.

This week, I will __________________ for my physical activity.

## Notes

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www.americanheart.org/cholesterol

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