

Your blood test tracker

Write in each result so you can see your progress. Results in Australia are given in mmol/L. Retest every 8 to 12 weeks while you're making changes, and bring this sheet to your naturopath appointment.

Date	Total chol.	LDL	HDL	Triglycerides	Fasting glucose	HbA1c	Notes

What each number means

- **LDL**, the delivery truck: you want it lower.
- **HDL**, the clean-up crew: not too low.
- **Triglycerides**: fats in the blood; you want them lower.
- **Fasting glucose and HbA1c**: your blood sugar today and over the past 3 months.

My goals

LDL goal: _____

Triglyceride goal: _____

Habit I'm focusing on: _____

Retest date: _____

Remember: numbers can change quickly when you change how you eat. Keep your prescribing doctor informed so any medication can be reviewed.