

My risk factor readings

	Aim for*	Date:	Date:	Date:	Date:
LDL cholesterol	< 1.8 mmol/L				
HDL cholesterol	> 1.0 mmol/L				
Triglycerides	< 2.0 mmol/L				
Total cholesterol	< 4.0 mmol/L However, focus more on LDL cholesterol rather than total cholesterol				
Blood pressure	< 130/80 mmHg Your doctor may want it lower				
Fasting blood sugar	Generally < 5.5 mmol/L				
HbA1c (This will be measured if you have diabetes)	≤ 7%				
Weight	Waist measurement < 94 cm (males) < 80 cm (females)				
	BMI 18.5–24.9kg/m ²				

*Please note that these targets are a general guide. Work with your doctor to set your personal goals.