

Know Your Numbers

Test	Results	Date	Norms
Cholesterol			125-220
HDL Cholesterol			30-80
HDL/LDL Cholesterol			≤ 3.5 f / ≤ 4.5 m
LDL Cholesterol			60-130
Triglycerides			10-190
Glucose			60-99
Homocysteine			3-15
Highly Sensitive C-Reactive Protein			$\leq .10$
Blood Pressure			< 120/80
Resting Heart Rate			< 72 bpm
Body Weight			
Annual Physical Date:			
Other Evaluations:			
Notes:			

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