Lipid Panel Tracker

A lipid panel is a fasting blood test that measures fat and cholesterol levels in your blood. Healthcare providers use this measurement to determine treatment, and make diet and lifestyle recommendations.

Tracker

Use this tool to track and stay informed about your lipid panel blood test results. Tracking your lipid panels will help you understand what your "normal" levels are, and help you have more productive conversations with your healthcare providers.

NOTE TO PATIENT: Be sure to keep copies of lab results in the FCS CareBook.

Date	Total Cholesterol	HDL	LDL	TGs	Chol/HDL Ratio	Notes
Reference Values[6]	*< 200 mg/dL < 5.2 mmol/l*	*> 40 mg/dL > 1 mmol/l*	*< 130 mg/dL < 3.3 mmol/l*	*< 150 mg/dL < 1.7 mmol/l*	*< 3.5 to 1*	

To learn more about FCS, log on to **fcsfocus.com/whatisFCS**

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[6] Mayo Clinic: Tests & Procedures: Cholesterol Test. http://www.mayoclinic.org/tests-procedures/cholesterol-test/details/results/rsc-20169555. Accessed on July 1, 2020.

FCS focus