

Cholesterol Guidelines Worksheet

Determine if you have risk factors for high cholesterol by answering the following questions:

1. Do you have a family history of heart disease?
2. Do you have a BMI (body mass index) of over 25?
(see chart below to calculate BMI)
3. Are you a male over the age of 45 or a female over the age of 55?
4. Do you often eat fast food or foods high in trans fats?
5. Do you live a very sedentary lifestyle, meaning you do not engage in physical activity on a very regular basis?

If you answered “yes” to one or more of these questions, speak with your doctor to set up blood work to check your cholesterol.

To calculate your BMI:

Your height in inches squared (multiplied by itself) = A Your weight in pounds = B (B divided by A) x 703= BMI	
18.5-24.9	Considered Normal Weight
25.0-29.9	Considered Overweight
30.0- greater	Considered Obese

Once you receive your blood cholesterol readings, here are the guidelines:

LDL Cholesterol (Bad)

70mg/dL or below	Good
130mg/dL-159mg/dL	Borderline
160mg/dL or above	High

HDL Cholesterol (Good)

Below 40mg/dL	Low- varies by gender
40mg/dL-60mg/dL	Mostly good
60mg/dL and above	Great