



Know Your Numbers Chart

Factor	Goal	
Total Cholesterol	Less than 200 mg/dL	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary.	
	Less than 100 mg/dL	Optimal
	100 to 129 mg/dL	Near Optimal/Above Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
190 mg/dL and above	Very High	
HDL ("Good") Cholesterol	50 mg/dL or higher	
Triglycerides	<150 mg/dL	
Blood Pressure	<120/80 mmHg	
Fasting Glucose	<100 mg/dL	
Body Mass Index (BMI)	<25 Kg/m ²	
Waist Circumference	<35 inches	
Exercise	Minimum of 30 minutes most days, if not all days of the week	