

## Doctor Visit Notes

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Met with: \_\_\_\_\_

Purpose: \_\_\_\_\_

STAPLE  
BUSINESS CARD  
HERE

### VITALS:

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

NOTES: \_\_\_\_\_

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### Follow Up Items:

- Sent Doctor's notes to other physicians
- Complete lab work
- Prescription to fill
- Make follow-up appointment
- Other: \_\_\_\_\_
- Medical Billing

Fee for Today: \$ \_\_\_\_\_  Insurance  Co-Pay: \$ \_\_\_\_\_

Next Appointment: \_\_\_\_\_

**Appointment Log**

Date	Who did you see?	Reason & Findings



## Your Lab Results

Date	Age	Weight	Blood Pressure	Pulse		

Tracking your numbers over time allows you to identify trends. Customize this chart to your needs.

## Cholesterol Chart

Date	Total Cholesterol 200-240 (pref <200)	HDL (Good) 35-45 (pref >45)	LDL (Bad) 100-160 (pref <130)	Chol/HDLC Ratio 4.5-5.5 (pref <4.5)	Triglycerides 150-400 (pref <200)	LDLC/HDLC 3-5 (pref <3)

Your cholesterol levels are a composite of triglycerides (fat levels), HDL (good cholesterol), and LDL (bad cholesterol). Interestingly enough, having high levels of HDL has the potential to reduce your risk of experiencing a heart attack or stroke. Stay on top of your cholesterol levels with regular cholesterol screenings.