

# Cholesterol Worksheet

## Part I. Initial Testing

Person	Cholesterol Level	Risk Level	Treatment Recommendations
#1 Adult Female Normal Weight			
#2 Adult Male Normal Weight			
#3 Adult Female Overweight			
#4 Adult Male Overweight			
#5 Adult Male Overweight			

## Part II. Post-Treatment Testing

Person	Cholesterol Level	Risk Level	Treatment Success?
#1 Adult Female Normal Weight			
#2 Adult Male Normal Weight			
#3 Adult Female Overweight			
#4 Adult Male Overweight			
#5 Adult Male Overweight			

## Post-Lab Questions

1. Did any person experience an increase in cholesterol level after treatment? What might account for this?
2. Which individual had the most improvement in their cholesterol level? What probably also decreased for this person?
3. What might be the reason that Person #5 did not reduce their cholesterol even after following a good dietary routine?