



Cholesterol Quiz (HDL, LDL, Triglycerides)

1. Which of the following is the most common type of fat in your body that your body makes naturally and comes from food?
 - a. LDL
 - b. Triglycerides
 - c. HDL
2. Which of the following is considered the “bad” kind of cholesterol and causes plaque to build up in your arteries?
 - a. LDL
 - b. Triglycerides
 - c. HDL
3. Which of the following is considered the “good” kind of cholesterol because it helps to remove the “bad” cholesterol from plaque in the arteries?
 - a. LDL
 - b. Triglycerides
 - c. HDL
4. Which of the following should be avoided when trying to lower your cholesterol?
 - a. Poultry without skin
 - b. Fruits & Vegetables
 - c. Red meat
 - d. Fatty fish
5. Only overweight and obese people have high cholesterol.
 - a. True
 - b. False

3 SMART Goals I am going to change in the next year to **improve cholesterol...**

- 1.
- 2.
- 3.

SMART Goals are part of every aspect of business/life and provide a sense of direction, motivation, a clear focus, and clarify importance. By setting goals for yourself, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.

Signature _____ Printed Name _____ Date ____/____/____