**My Health Log**

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

|  |  |  |
| --- | --- | --- |
| Weight:  Amazon.com: ZOETOUCH Bluetooth Body Weight Scale BMI Smart Digital Bathroom  Scales,400 lb, Body Tape Measure and Batteries Included: Industrial &  Scientific | Blood Pressure: | Temperature:  Adtemp™ 427 | American Diagnostic Corporation |

| Date  (MM/DD/YY) | Time | Weight | Blood Pressure | | | Temperature | Notes |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SYS  (Systolic) | DIA  (Diastolic) | Pulse  (Heart Rate) |
| Example  10/16/20 | 9:25am | 140.0 | 118 | 78 | 70 | 98.6 | Notes about how you were feeling, activities, etc. |
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**My blood sugar (A1c) Log:**

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

|  |  |  |
| --- | --- | --- |
| **My starting A1c** | A1c level: | Date: |
| **My A1c goal is:** |  | |



|  |  |  |  |
| --- | --- | --- | --- |
| **Test #** | **Date** | **Time** | **Reading** |
| #1 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |
| #2 | \_\_\_/\_\_\_\_/\_\_\_­­­­ |  |  |
| #3 | \_\_\_/\_\_\_\_/\_\_\_­­­­ |  |  |
| #4 | \_\_\_/\_\_\_\_/\_\_\_­­­­ |  |  |