**ບັນ​ທຶກ​ສຸ​ຂະ​ພ​າບ​ຂອງ​ຂ້ອຍ**

ຊື່ຄົນເຈັບ: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ນໍ້າໜັກAmazon.com: ZOETOUCH Bluetooth Body Weight Scale BMI Smart Digital Bathroom  Scales,400 lb, Body Tape Measure and Batteries Included: Industrial &  Scientific | ຄວາມ​ດັນ​ເລືອດ | ອຸນ​ຫະ​ພູມAdtemp™ 427 | American Diagnostic Corporation |

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| ວັນ​ທີ | ເວ​ລາ | ນໍ້າໜັກ | ຄວາມ​ດັນ​ເລືອດ |  ອຸນ​ຫະ​ພູມTemperature | ໝາຍ​ເຫດ |
| SYS | DIA | Pulse |
| ຕົວຢ່າງ10/16/20 | 9:25 ໂມງ​ເຊົ້າ | 140.0 | 118 | 78 | 70 | 98.6 | ບັນ​ທຶກກ່ຽວ​ກັບ​ຄວາມ​ຮູ້​ສຶກ, ກິດ​ຈະ​ກຳ​ຂອງ​ທ່ານ ແລະ ອື່ນໆ |
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**ບັນ​ທຶກ​ລະ​ດັບ​ນ້ຳ​ຕານ​ໃນ​ເລືອດ (A1c) ຂອງ​ຂ້ອຍ:**

ຊື່ຄົນເຈັບ: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **A1c ເລີ່ມ​ຕົ້ນຂອງ​ຂ້ອຍ** | ລະ​ດັບ A1c: | ວັນ​ທີ: |
| **ເປົ້າ​ໝາຍ A1c ຂອງ​ຂ້ອຍ​ແມ່ນ:** |  |



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| **ການກວດ #** | **ວັນ​ທີ** | **ເວ​ລາ** | **ຄ່າ​ທີ່ອ່ານ** |
| #1 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |
| #2 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |
| #3 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |
| #4 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |