**Mi registro de salud**

Nombre del paciente: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Peso  Amazon.com: ZOETOUCH Bluetooth Body Weight Scale BMI Smart Digital Bathroom  Scales,400 lb, Body Tape Measure and Batteries Included: Industrial &  Scientific | | |  |  | Presión arterial | | | | | | Temperatura  Adtemp™ 427 | American Diagnostic Corporation |
| Fecha | Hora | Peso | | | | Presión arterial | | | Temperatura | Notas | |
| (SYS) | (DIA) | Pulse |
| Ejemplo  16/10/2020 | 9:25 a. m. | 140.0 | | | | 118 | 78 | 70 | 98.6 | Notas sobre cómo se sentía, actividades, etc. | |
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**Mi registro de azúcar en sangre (A1c):**

Nombre del paciente: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Mi A1c inicial** | Nivel de A1c: | Fecha: |
| **Mi objetivo  de A1c es:** |  | |



|  |  |  |  |
| --- | --- | --- | --- |
| **N.º de prueba** | **Fecha** | **Hora** | **Lectura** |
| N.º 1 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |
| N.º 2 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |
| N.º 3 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |
| N.º 4 | \_\_\_/\_\_\_\_/\_\_\_ |  |  |