

SIMPLE DAILY HEALTH TRACKER

NAME:

WEEK 1 WEIGHT

WEEK 2 WEIGHT

DAY/DATE	BLOOD PRESSURE				SUGAR
	MORNING		EVENING		
Take 2 blood pressure readings, first thing in the morning and evening.	READING 1	READING 2	READING 1	READING 2	

NOTES

PLEASE NOTE

GENERAL INFORMATION

1. This is a 2-week tracker, hence, it has 14 columns. Print as many copies as you want, and make a binder for safe keeping.
2. Please consult with your personal doctor to evaluate how you may best use this tracker.
3. We recommend checking your weight often, maybe once a week at the same time each week so that you can get a more accurate picture of your health.

BLOOD PRESSURE

Take your blood pressure reading first thing in the morning before eating or taking medications, and again in the evening. You should take two or three readings each time, at least one minute apart, to ensure your results are consistent. You should also try to take your blood pressure at the same time each day.

HOW TO TAKE BLOOD PRESSURE READING

1. Don't eat or drink anything 30 minutes before you take your blood pressure
2. Empty your bladder before your reading
3. Sit in a comfortable chair with your back supported 5 minutes before your reading.
4. Put both feet flat on the ground and keep your legs uncrossed.
5. Rest your arm with the cuff on a table at chest height.
6. Make sure the blood pressure cuff is snug but not too tight. The cuff should be against your bare skin, not over clothing.
7. Do not talk while your blood pressure is being measured.



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