

What I'm tracking



Here you can record your lab results and other things that affect your health. At the top are some common things but you can cross them out and add what you like such as pain or peak flow. You can find some of this information in your patient portal, or ask your healthcare team.

Name:	Aim/Range	Date/ result	Date/ result	Date/ result	Date/ result
Blood pressure					
Cholesterol					
HbA1c (diabetes number)					

What do you think about your results? _____

What questions do you have? _____

What else have you noticed? _____



Don't forget to take this
to your next healthcare
team visit



Date/ result	Date/ result	Date/ result	Date/ result	Date/ result	Date/ result



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