

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.

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



Name:	Aim/Range	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? _____

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