

Section 4: Charts



In this section:

- Blood Pressure Chart
- Glucose (Blood Sugar) Levels Record
- Pedometer Step Chart
- Blank Chart

How to use this section:

- Use this section to keep track of health data that is important for the patient.
- Add charts or notes that are specific to the patient's care. These could include charts to track:
 - Sleeping
 - Eating
 - Exercise
 - Symptoms or patient complaints, like back pain, leg pain, headache
 - Bathing/personal care
- Keeping track will make it easier for one or more caregivers to see patient progress or identify problems, and to give the doctor specific information.

Notes:

Blood Pressure Chart

Blood Pressure Readings



Chart Date: ___/___/___ Patient Name: _____

	Systolic	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Diastolic							
Week #1	Morning							
	Evening							
Week #2	Morning							
	Evening							
Week #3	Morning							
	Evening							
Week #4	Morning							
	Evening							

Glucose (Blood Sugar) Levels Record



Patient name: _____

Instructions: Record blood glucose level at meals and bedtime. Record insulin dose if taken.
Please bring this chart to all doctor appointments.

Chart Start Date: ____/____/____ Glucose (Blood Sugar) Levels A1c: _____

Blood Glucose Reading / Insulin Dose Taken	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Bedtime							
Snack							

Sliding Scale of Blood Glucose Levels for Insulin Dose: **Your doctor should fill in the insulin dose for each level below.**

70 – 140 0 units 141 – 180 _____ units 181 – 220 _____ units 221 – 260 _____ units
261 – 300 _____ units 301 – 340 _____ units 341 – 400 _____ units and **Notify Your Doctor Immediately.**

Tracking Chart for: _____

Print this chart and use it to keep track of data such as sleeping, eating, exercise, symptoms, or bathing/personal care.

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