

Blood Sugar and Blood Pressure log



Use this log to keep track of your blood sugar and blood pressure to help you lower your health risk.

Check your blood sugar: _____

Check your blood pressure after you have been sitting still for at least 5–10 minutes.

Date	Before Meal Blood Sugar	Two Hours After Meal Blood Sugar	Blood Pressure	Notes
Monday 9/18	129	175	134 / 78	30 min walk
			/	
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Your ABC Numbers					
"A" is for "A1C."		"B" is for "Blood Pressure."		"C" is for "Cholesterol."	
A1C is a test of your average blood sugar over the last three months. High blood sugar can hurt many parts of your body, such as your nerves, eyes and kidneys.		High blood pressure makes your heart work too hard and can give you a heart attack or stroke.		Bad cholesterol or LDL builds up and clogs your heart and blood vessels and can give you a heart attack or stroke.	
A1C Goal: _____		Goal: Lower than 130/80		LDL Goal: Lower than 100	
Average blood sugar range: 80–180mg/dL					
YOUR A1C:	DATE:	YOUR BP:	DATE:	YOUR LDL:	DATE:
		/			

High Blood Sugar Log Includes Bonus Blood Pressure Log

Ensheng Dong



High Blood Sugar Log Includes Bonus Blood Pressure Log:

High Blood Sugar Log Frances Robinson, 2014-12-16 The High Blood Sugar Log contains enough space to monitor your blood sugar up to 4 times a day before and after meals and bedtime for one full year Keep all of your results in one place Take and show to the doctor No more worries about forgetting the details BONUS SECTION BLOOD PRESSURE CHART A bonus section in the back of the book allows for you to record your blood pressure readings Enter the date time high and low reading and any comments The High Blood Sugar Log is a great way to keep record of two of your most vital signs blood sugar and blood pressure This large 8 5 x 11 book has plenty room to write plus its easy to read

Daily High Blood Sugar Log Frances Robinson, 2014-12-17 The Daily High Blood Sugar Log contains enough space to monitor your blood sugar up to 4 times a day before and after meals and bedtime for one full year Keep all of your results in one place Take and show to the doctor No more worries about forgetting the details BONUS SECTION BLOOD PRESSURE CHART A bonus section in the back of the book allows for you to record your blood pressure readings Enter the date time high and low reading and any comments The Daily High Blood Sugar Log is a great way to keep record of two of your most vital signs blood sugar and blood pressure This large 8 5 x 11 book has plenty room to write plus its easy to read

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Diabetic Log Frances Robinson, 2015-07-03 The Diabetic Log helps you monitor your blood sugar levels at least 4 times a day before and after meals before bedtime and other readings for one full year Keep all of your results in one place Take and show to the doctor No more worries about forgetting the details

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Men's Health, 2006-01 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

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