

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

Check your blood sugar: _____

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

Jicheng Xie



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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Dr. Barbara O'Neill Blood Support Olivea Moore , Are you struggling with poor circulation fluctuating blood pressure or unstable blood sugar Do you want to naturally strengthen your blood and boost your overall vitality without harsh medications Discover the ultimate guide packed with over 250 fast acting and safe natural supplements herbs foods and remedies designed to support healthy blood circulation enhance blood formation and balance blood pressure and sugar levels Rooted in the trusted teachings of Dr Barbara O Neill this comprehensive resource offers practical easy to follow advice that empowers you to take control of your blood health naturally Imagine waking up every day with renewed energy clearer focus and a stronger body because your blood is clean vibrant and flowing freely This book reveals nature s pharmacy from powerful herbal teas and tonics to nutrient rich superfoods and targeted lifestyle routines Whether you want to manage anemia diabetes hypertension or simply maintain peak blood health this plan adapts to your unique needs giving you tools to feel your best every day Take the first step toward transforming your blood health Get your copy of this book now

Heart Disease Risks Felicia Dunbar, AI, 2025-03-14 Worried about heart disease Heart Disease Risks provides a comprehensive understanding of cardiovascular health focusing

on risk factors and prevention strategies It empowers readers to take control through informed choices highlighting that heart disease isn't inevitable but heavily influenced by modifiable factors like hypertension high cholesterol and smoking Understanding the historical context of dietary shifts and medical advancements helps contextualize current approaches to heart health The book explores the impact of factors like obesity and lack of exercise detailing how dietary modifications and exercise regimens can mitigate risks It emphasizes practical guidelines for creating personalized heart healthy plans drawing from nutrition science exercise physiology and behavioral psychology By presenting evidence based information without complex jargon the book guides readers through the complexities of cardiovascular care Beginning with cardiovascular function basics the book progresses through risk factor analysis prevention strategies and lifestyle modifications It uniquely balances rigorous scientific research with actionable advice useful for anyone seeking to improve their cardiovascular health encouraging proactive management and informed decision making

The Banting Solution Bernadine Douglas, 2016-08-01 The Banting book everyone has been waiting for At last a definitive book on Banting that will answer ALL your questions about the Banting lifestyle AND provide you with the solution to permanent weight loss The Banting Solution not only explains what Banting is all about but also answers Banters most pressing questions busts the myths that have cropped up around Banting provides helpful meal plans and Banting friendly food lists offers tips on how to avoid weight loss stalls helps you to understand food labels and teaches you how to Bant on a budget making this lifestyle accessible to everyone Most importantly it teaches you how to get rid of those unwanted kilos and keep them off forever With solid research supported by actual case studies and before and after photographs you will now be able to access all the information you need about Banting in just one book

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

All My Diabetes Crap Blood Sugar Blood Pressure Log Book Jom Doyle, 2019-11-18 This 1 Year Glucose Monitoring Log Book The SIMPLEST diabetes log book This GORGEOUS undated glucose logbook is 6 x 9 VERY PORTABLE SIZE for bring this bible guide anywhere with you thus you would not miss any important days when you need it for your doctor visit The monitoring of Blood Sugar and Blood Pressure levels can assist you with your healthy living goals This invaluable logbook can help you manage your blood sugar for optimum health Blood sugar before after breakfast lunch dinner and during bed time Blood pressure SYS DIA Pulse Weight record Each day has plenty of space to record

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High Blood Sugar Log Includes Bonus Blood Pressure Log Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**High Blood Sugar Log Includes Bonus Blood Pressure Log**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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