



Health TRACKER

Small steps, big progress



Date ♥	Fasting (mg/dL)	Before Meal (mg/dL)	After Meal (mg/dL)	Notes ♥
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/ /				
/ /				
/ /				



Date ♥	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	Notes ♥
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/ /				
/ /				
/ /				



Date ♥	Weight (lbs/kg)	Change (+/-)	Goal (lbs/kg)	Notes ♥
/ /				
/ /				
/ /				
/ /				

Notes ♥



Daily Reminders ♥

- ☐ Drink water
- ☐ Eat healthy
- ☐ Stay active
- ☐ Take care of you!

Take care of your body. It's the only place you have to live.