



Health Tracker

Small steps, big progress! 



Blood Sugar



DATE	Fasting (mg/dL)	Before Meal (mg/dL)	After Meal (mg/dL)	Notes
/ /				
/ /				
/ /				
/ /				
/ /				



Blood Pressure



DATE	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	Notes
/ /				
/ /				
/ /				
/ /				
/ /				



Weight



DATE	Weight (lbs/kg)	Change (+/-)	Goal (lbs/kg)	Notes
/ /				
/ /				
/ /				
/ /				
/ /				



 Notes

Be proud of how far you've come!



 Reminder

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



 You are doing great. Keep going! 