



Name: _____ Week: _____ Medical Provider: _____ Provider Phone: _____

Start Weight: _____

Health Goal: _____ End Weight: _____

	M	T	W	Th	F	Sa	Su
Breakfast							
Lunch							
Dinner							
Snacks							
BG AM	_____ mg/dL	_____ mg/dL	_____ mg/dL	_____ mg/dL	_____ mg/dL	_____ mg/dL	_____ mg/dL
PM	_____ mg/dL	_____ mg/dL	_____ mg/dL	_____ mg/dL	_____ mg/dL	_____ mg/dL	_____ mg/dL
B/P AM	___/___ mmHg	___/___ mmHg	___/___ mmHg	___/___ mmHg	___/___ mmHg	___/___ mmHg	___/___ mmHg
PM	___/___ mmHg	___/___ mmHg	___/___ mmHg	___/___ mmHg	___/___ mmHg	___/___ mmHg	___/___ mmHg
Meds <i>Time Taken</i>	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM	_____ AM _____ PM
Activity <i>Circle Y or N</i>	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Mood <i>Draw Your Mood</i>							
Headache							
Bathroom							
Vision							
Foot Care							
Other Comments							

In the case of a medical emergency, call 911.

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Instructions: Complete this form weekly to the best of your abilities to track your management of your chronic conditions. There may be some parts of this tool that do not apply to everyone, in which case they should be left blank.

Note: This tool is meant to provide a weekly overview of your health and any concerns you may have. This is NOT meant to be a complete tool for tracking chronic disease management, nor should it replace any record keeping a doctor or healthcare provider has given. The information provided in this tool should not be taken as medical advice.

Abbreviation	Description
BG	Blood Glucose level, which is the amount of glucose (also referred to as “sugar”) in the blood. The unit of measurement is mg/dL (milligrams per deciliter). A normal blood glucose level is less than 140mg/dL . ¹ If you will be measuring your blood glucose, ask your medical provider what a reasonable blood glucose range is for you, which may be higher than the normal range listed above. If your readings are outside of the range provided, it is recommended that you to contact your medical provider.
BP	Blood Pressure , which is the pressure of the blood circulating in the walls of the arteries. The unit of measurement is mmHg (Millimeters of Mercury). A normal level of blood pressure is less than 120/80mmHg . ² If you will be measuring your blood pressure, ask your medical provider what a reasonable blood pressure reading is for you, which may be higher than the normal level listed above. If your blood pressure ranges higher than the normal level provided, it is recommended that you contact your medical provider. ³
GOAL	The Goal an individual sets for themselves can change from time to time. This may be a weekly goal (or another time interval). It may be intimidating to have a large or very challenging goal, it is important to set realistic goals that can be achieved within the set time frame with your medical provider, caregiver, or Community Health Worker.

¹ <https://www.mayoclinic.org/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451>

² <https://www.cdc.gov/bloodpressure/about.htm#:~:text=A%20normal%20blood%20pressure%20level%20is%20less%20than%20120%2F80%20mmHg.&text=No%20matter%20your%20age%2C%20you,pressure%20in%20a%20healthy%20range.>

³ <https://www.cdc.gov/bloodpressure/about.htm>

