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# Your medicines, doses, and why you take them

Medication	Dose	Frequency	Purpose
*			
:(0):			
07			
1			
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# Your medicines, doses, and why you take them

Medication	Dose	Frequency	Purpose
			*(0)
			0.0
			NO.
		1	
		- 1	
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07			
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# **Schedule of Medical Appointments**

Doctor's Name	Date	Time	Concerns
			X
			03/
			Call
		4	00
		10.	
(1)			
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,			

# **Schedule of Medical Appointments**

Doctor's Name	Date	Time	Concerns
			00
			C
		4	70
•(0)			
-07			
0,			

### My Immunization Record

Always carry this record with you and have your health professional or clinic keep it up to date.

	Type of Vaccine	<b>Date Given</b> mo/day/yr	Location	Date Next Dose Due
Pneumococcal				
Influenza				
MMR		1 2		
Varicella		1 2		
Zoster	X	1		
Td Tdap				
		1		
Hep B		3		
Hep A		1 2		

## **Patient Record of Vitals**

Date	Weight	Pulse	O² Level	Blood Pressure Systolic / Diastolic
				1
				1
				1
				1
				1
				1
				1
				1
				1
	*			1
	10			1
				1
				/
				/
07				1
				1
				1

## **Patient Record of Vitals**

Date	Weight	Pulse	O² Level	Blood Pressure Systolic / Diastolic
				1
				1
				I
				<b>1</b>
				1
				1
				1
				1
				1
				/
	*			1
				/
				1
				1
				1
07				1
				1
				/

## **Cholesterol Check**

Date	Total Cholesterol	HDL	LDL	Triglycerides
				0.9,
			<b>1</b> 12.	
	(0)			
9				

# **Surgeries and Procedures**

Date	Procedure	Physician
		03/
		C. Y
		100
	h. &.	
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• 0		
OX		

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	_ mg/dl two hours after meals
Week starting	

	Brea	kfast	Lur	nch	Din	ner	Bed	time	Oth	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							7				
WED				×							
THURS		•									
FRI	"(										
SAT		) <b>*</b>									
SUN											

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	mg/dl two hours after meals

	Breal	cfast	Lur	nch	Din	ner	Bedi	time	Otl	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							<b>,</b>				
WED				×							
THURS											
FR	),	1/2									
SAT	58										
SUN											

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	_mg/dl two hours after meals

	Break	fast	Lur	nch	Din	ner	Bed	time	Otl	ner	
	Blood Sugar	Dose	NOTES								
MON											
TUES							,				
WED				×							
THURS											
FR	2	1/2									
SAT	53										
SUN											

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	_ mg/dl two hours after meals
\\\  44!	

Week starting\_\_\_\_\_

	Breal	cfast	Lur	nch	Din	ner	Bedi	time	Oth	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							<b>7</b>				
WED				*							
THURS			40								
FRI	70										
SAT	5										
SUN											

My target blood glucose (blood sugar) ranges are:

rariges are.	
mg/dl to	mg/dl before meals
Less than	mg/dl two hours after meals

	Breal	cfast	Lur	nch	Din	ner	Bedi	time	Otl	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							,				
WED				×							
THURS											
FRI	3										
SAT	53	,									
SUN											

My target blood glucose (blood sugar) ranges are:

Week starting	
Less than	mg/dl two hours after meals
mg/dl to	mg/dl before meals
ranges are.	

	Breal	kfast	Lur	nch	Din	ner	Bed	time	Otl	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							,				
WED				×							
THURS		•									
FRI	7	1									
SAT	5	,									
SUN											

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	_mg/dl two hours after meals
<b>187</b> 1 4 41	

Week starting\_\_\_\_\_

	Breal	cfast	Lur	nch	Din	ner	Bedi	time	Oth	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES											
WED				×							
THURS											
FRI		1									
SAT	5	,									
SUN											

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	_ mg/dl two hours after meals
Wook starting	

	Brea	kfast	Lur	nch	Din	ner	Bedi	ime	Otl	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							,				
WED				*							
THURS		•	Ô								
FRI	),										
SAT	5	•									
SUN											

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	_ mg/dl two hours after meals
Wook starting	

	Brea	kfast	Lur	nch	Din	ner	Bed	time	Oth	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES											
WED				*							
THURS		•	Ô								
FRI	7										
SAT		,									
SUN											

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	_ mg/dl two hours after meals
Wook starting	

	Breal	cfast	Lur	nch	Din	ner	Bedi	time	Otl	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							,				
WED				×							
THURS											
FRI	),	1/2									
SAT	53	,									
SUN											

My target blood glucose (blood sugar) ranges are:

Week starting	
Less than	mg/dl two hours after meals
mg/dl to	mg/dl before meals
ranges are.	

				<b>9</b>							
	Brea	kfast	Lur	nch	Din	ner	Bedt	time	Otl	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							J				
WED				×							
THURS		٠	Ô								
FRI	7	N.									
SAT	5	•									
NOS											

My target blood glucose (blood sugar) ranges are:

ranges are.	
mg/dl to	mg/dl before meals
Less than	_ mg/dl two hours after meals
147 1 4 41	

	Breal	kfast	Lur	nch	Din	ner	Bedi	time	Ot	ner	
	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	NOTES
MON											
TUES							,				
WED				×							
THURS											
FRI											
SAT	5	,									
SUN											

Notes	
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Keeping accurate records of your health throughout the year will help your physician and health care providers make better informed decisions regarding your care.

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