Section 4: Charts



In this section:

- Blood Pressure Chart
- Glucose (Blood Sugar) Levels Record
- Pedometer Step Chart
- Blank Chart

How to use this section:

- Use this section to keep track of health data that is important for the patient.
- Add charts or notes that are specific to the patient's care. These could include charts to track:
 - Sleeping
 - Eating
 - Exercise
 - Symptoms or patient complaints, like back pain, leg pain, headache
 - Bathing/personal care
- Keeping track will make it easier for one or more caregivers to see patient progress or identify problems, and to give the doctor specific information.

Notes:

Blood Pressure Chart

Blood Pressure Readings



Chart Date: / / Patient Name:	Chart Date: /	' / Patient Name	e:
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	Systolic /	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Diastolic							
	Morning							
Week #1								
	Evening							
Week #2	Morning							
	Evening							
Week #3	Morning							
	Evening							
Week #4	Morning	7				7	7	
	Evening							



Glucose (Blood Sugar) Levels Record



Patient name:			
Instructions: Record I Please bring this cha	_		evel at meals and bedtime. Record insulin dose <u>if taken</u> . appointments.
Chart Start Date:	/	/	Glucose (Blood Sugar) Levels A1c:

Blood Glucose Reading	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Insulin Dose Taken							
Breakfast							
Lunch							
Dinner							
Bedtime							
Snack							

Sliding Scale of Blood Glucose Levels for Insulin Dose: Your doctor should fill in the insulin dose for each level below.

70 – 140 ___**0**__ units 141 – 180 ____ units 181 – 220 ____ units 221 – 260 ____ units 261 – 300 ____ units 301 – 340 ____ units 341 – 400 ____ units and **Notify Your Doctor Immediately.**

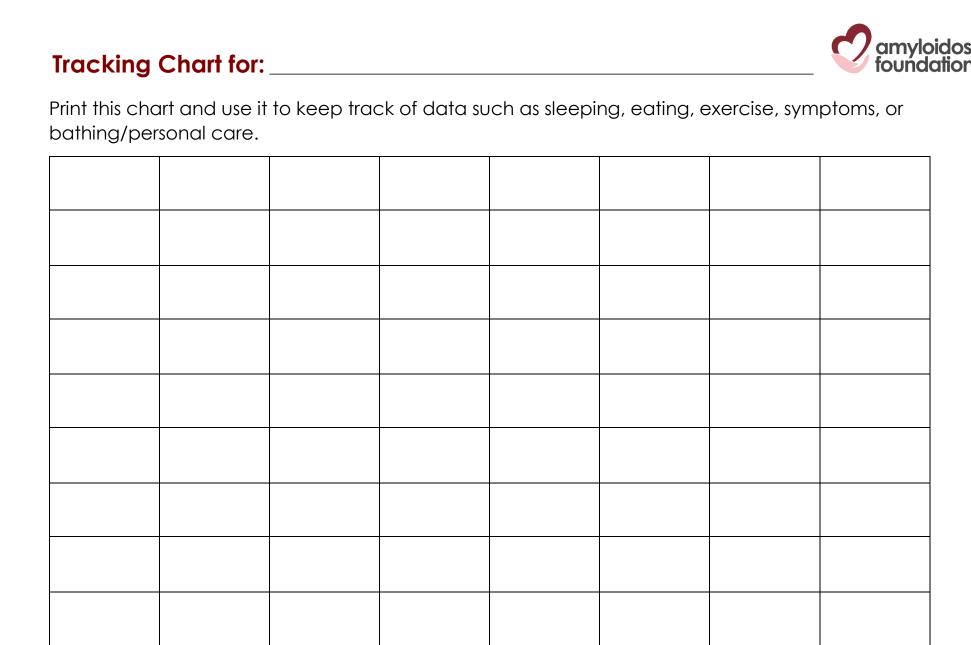
Pedometer Step Chart Use this chart to keep track of patient steps.



Patient Name:

Week	Mon Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total





Tracking Chart for:	amyloidosis foundation
Print this chart and use it to keep track of data such as sleeping, eating, exercise, symbathing/personal care.	ptoms, or