

## 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: \_\_\_\_\_

	Systolic / Diastolic	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #1	Morning							
	Evening							
Week #2	Morning							
	Evening							
Week #3	Morning							
	Evening							
Week #4	Morning							
	Evening							

# Glucose (Blood Sugar) Levels Record



Patient name: \_\_\_\_\_

Instructions: Record blood glucose level at meals and bedtime. Record insulin dose if taken.  
Please bring this chart to all doctor appointments.

Chart Start Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Glucose (Blood Sugar) Levels A1c: \_\_\_\_\_

Blood Glucose Reading Insulin Dose Taken	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.**

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## Pedometer Step Chart

Use this chart to keep track of patient steps.



Patient Name: \_\_\_\_\_

[illegible]

## Tracking Chart for: \_\_\_\_\_

Print this chart and use it to keep track of data such as sleeping, eating, exercise, symptoms, or bathing/personal care.


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Print this chart and use it to keep track of data such as sleeping, eating, exercise, symptoms, or bathing/personal care.
