

Blood Sugar and Blood Pressure log



Use this log to keep track of your blood sugar and blood pressure to help you lower your health risk.

Check your blood pressure after you have been sitting still for at least 5–10 minutes.

Check your blood sugar: _____

Date	Before Meal Blood Sugar	Two Hours After Meal Blood Sugar	Blood Pressure	Notes
Monday 9/18	129	175	134 / 78	30 min walk
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Your ABC Numbers

“A” is for “A1C.” A1C is a test of your average blood sugar over the last three months. High blood sugar can hurt many parts of your body, such as your nerves, eyes and kidneys.		“B” is for “Blood Pressure.” High blood pressure makes your heart work too hard and can give you a heart attack or stroke.		“C” is for “Cholesterol.” Bad cholesterol or LDL builds up and clogs your heart and blood vessels and can give you a heart attack or stroke.	
A1C Goal: _____ <i>Average blood sugar range: 80–180mg/dL</i>		Goal: Lower than 130/80		LDL Goal: Lower than 100	
YOUR A1C:	DATE:	YOUR BP:	DATE:	YOUR LDL:	DATE:
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YOUR A1C:	DATE:	YOUR BP:	DATE:	YOUR LDL:	DATE:
		/			