

Health Tracking

Contents

- **Health Tracking Helpful Information and Terminology**
- **Blood Pressure Record**
- **Personal Health Tracking Chart**
- **Medical Events and Symptoms Record**
- **Blood Glucose Log** (Optional)

My **Health and
Wellness Record**



COW CREEK BAND
OF UMPQUA TRIBE OF INDIANS

PUBLIC HEALTH

Get the Most from Your Health and Wellness Record

Health Tracking

Blood Pressure Record: [Start with one page, and print more as needed.](#)

At home blood pressure monitoring is important to everyone's health, especially as we age.

- A blood pressure reading only gives information in the moment the pressure was taken. If you monitor your pressure frequently, over time you can track trends in your pressure, and your doctor can better understand if you need medication or how the medications are working.
- The position you are in (sitting, lying, standing) can affect your blood pressure; record what position you are in when you check your blood pressure. Your blood pressure reading will be most accurate if you sit or lay down for five (5) minutes before checking it. If you are having symptoms of abnormal blood pressure, check your pressure immediately; do not wait.
- Symptoms or details at the time of the blood pressure measurement can provide context for your provider; for example, if you got lightheaded when standing, that is important context for your provider.



Personal Health Tracking Chart: Start with one page, and print more as needed.

This chart helps you to track other health metrics, like your weight, cholesterol, A1c, and any other information you wish to track over time. This chart will help you see how your body and health are changing as you age. Many of these metrics will be checked every few months to every year. Waist measurement, weight, and BMI are things you can calculate at home if you choose.

Medical Event or Symptom Record: Start with one page, and print more as needed.

When people are having medical issues, it can take time to make a proper diagnosis. It can be helpful to keep a symptom or event journal. Symptom records can also be used to track mood and mental health symptoms.

For example, if you intermittently become dizzy or lightheaded it is important to write down details of the event. An entry could read: "I stood up after watching a TV show, I instantly felt dizzy, and my heart started racing." Brief but descriptive context is important for medical providers to understand your symptoms and help determine what may be going on.

Even if you do not have any current medical concerns, you should have this sheet of paper in your packet in the event you do have a medical event or symptom. Details are easy to forget, so it is best to write down medical events as soon as possible.

Blood Glucose Log (optional): Start with one page, and print more as needed.

Not everyone will find this page useful; however, it could be helpful, especially if you do not have a continuous glucose monitor. Writing down your blood glucose levels and details could provide important context and understanding of how your blood sugar is trending, or how it is affected by the foods you eat. This could also help your provider understand what is going on between a1c checks. During times of illness, this chart can be used to track trends and monitor your blood glucose more closely.

Personal Health Tracking Chart

DATE					
WEIGHT					
BODY MASS INDEX (BMI)					
NECK MEASUREMENT					
BUST MEASUREMENT					
HIP MEASUREMENT					
WAIST MEASUREMENT					
THIGH MEASUREMENT					

DATE					
TOTAL CHOLESTEROL					
LDL					
HDL					
TRIGLYCERIDES					
A1C					

You may use the blank rows for other labs or metrics

Blood Glucose Log

Month and Year: _____

DAY	BREAKFAST	LUNCH	DINNER	BEDTIME	OTHER TIME	COMMENTS
<i>Example</i>	<i>Ex: 50</i>					<i>Woke up feeling shaky.</i>
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						