

This first page is an example so you can see how it is done. Start your tracker below!

Name: **Justan Example**

Date	Time	Blood Pressure	Heart Rate	Weight
1/4/2021	7:45 AM	136/76	78	168 lbs
Times Blood Sugar Taken →	8:05 AM	11:45 AM	5:20 PM	8:15 PM
Blood Sugar Results →	74	82	76	68
Notes: insert notes here that are important to you				

Date	Time	Blood Pressure	Heart Rate	Weight
1/5/2021	8:10 AM	148/84	72	168 lbs
Times Blood Sugar Taken →	8:30 AM	12:15 PM	5:15 PM	8:35 PM
Blood Sugar Results →	68	72	76	82
Notes: insert notes here that are important to you				

Date	Time	Blood Pressure	Heart Rate	Weight
1/6/2021	8:15 AM	142/88	86	169 lbs
Times Blood Sugar Taken →	8:40 AM	12:20 PM	6:15 PM	9:30 PM
Blood Sugar Results →	70	88	68	84
Notes: very tired today, only slept 4.5 hours, no exercise, bad back pain too medication				

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Times Blood Sugar Taken →				
Blood Sugar Results →				
Notes:				

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Blood Sugar Results →				
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Blood Sugar Results →				
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Times Blood Sugar Taken →				
Blood Sugar Results →				
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Name: _____

My Tracker Log

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Times Blood Sugar Taken →				
Blood Sugar Results →				
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