





Login Page

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Description	
Password	
	Submit









https://health-tracker



Health Tracker

Log out Help

Home Page

The Health Tracker is a simple way to keep track of your Blood Pressure readings

Glucose numbers and your Body Mass Index

Please click on one of the links below to start

Blood Pressure Inputs

Glucose Inputs

Weight Inputs

Blood Pressure Readings

Glucose Readings

Weight Readings













Systolic = Top Number

Diastolic = Bottom Number

Blood Pressure Inputs

Please be sure you are sitting down when taking your blood pressure

Systolic - Week 1	Week 2	Week 3	Week 4	
Diastolic - Week 1	Week 2	Week 3	Week 4	





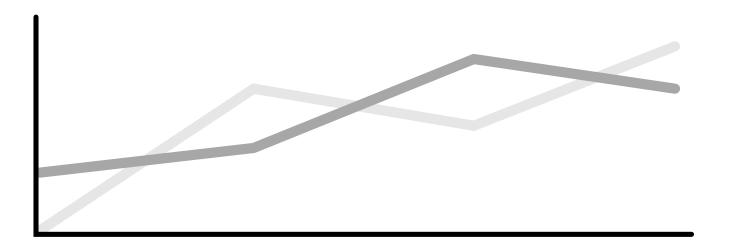








Blood Pressure Chart











https://



Health Tracker

Glucose Inputs

Please be sure you have been fasting for eight hours

Week - 1	

Week - 2

Week - 4





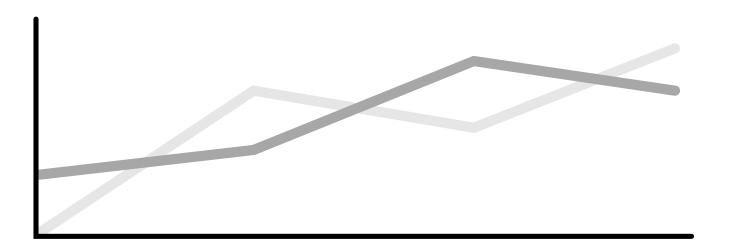








Glucose Chart











https://



Health Tracker

Weight Inputs

Please try to take your weight at the same time of day (example 8:00 am every week)

Week - 1	Week - 2	
week - i		













Body Mass Index Graph

