

Name

John Smith

DOB

1/1/45

SIN

367-83-1893

Address

10135 Saskatchewan Dr NW, Edmonton, AB T6E 4Y9, Canada

Blood Pressure
& Glucose Tracker

			BLOOD PRESSURE			GLUCOSE SCALE			Notes
			120 80 TARGET PRESSURE	SYSTOLIC DIASTOLIC	140 90 CALL PHYSICIAN	70 LOW	100 NORMAL	150 HIGH	
Date	Time	Event	Systolic	Diastolic	Heart Rate	Glucose	Level	Status	Notes
10/10/17	6:00 AM	Wake	129	79	72	55	<div></div>	Low	
10/10/17	7:00 AM	Before Meal	120	80	74	70	<div></div>	Low	
10/10/17	9:00 AM	After Meal	133	80	75	75	<div></div>	Normal	
10/10/17	10:00 AM	BP only	143	91	75	190	<div></div>	High	
10/10/17	12:00 PM	Before Meal	141	84	70	140	<div></div>	Normal	
10/10/17	3:00 PM	After Meal	132	80	68	90	<div></div>	Normal	Took BP medication with meal
Averages			133	82	72	103			