

EXAMPLE

Physical Health Log

Track your physical health and discuss the log and any trends you notice with your health care professional.

Date or day of the week	Sleep (Hrs)	Activity (Type & Duration)	Fatigue (1-10)	Fasting Blood Sugar (mg/dL)	Post Meal Blood Sugar (mg/dL)	Mood (1-10)	Weight (lbs or kg)	Blood Pressure (Systolic/ Diastolic)	Meds Effect	Notes & Feelings
wed	7.5	Jogging 30 min.	3	95	120	7	150.2	120/80	Nothing noticeable	Feeling energetic
thurs	6	Yoga 1 hr	5	105	140	6	149.8	122/78	-	Stressful day (poor diet today)
fri	8	cooling eye mask	2	100	130	8	148.5	118/76	Slight headache	Feeling more refreshed after eye mask
sat	7.5	walking 20 min.	4	110	145	5	150	125/82	Upset Stomach	Tired in the evening
Sun	7	Gym session 1 hr	2	95	135	9	149.6	118/75	Improved Sleep	Excited for the week
mon	6.5	- None today	3	105	130	7	150.8	122/80	-	Sore muscles
tues	8	walking with friend. 1 hr	4	98	125	6	149	120/77	Nothing noticeable	Enjoyed nature and our chat

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