Monitoring Your Health

Your doctor or pharmacist may ask you to keep track of certain information at home, like your blood pressure or cholesterol. You can use this section to record this information.

In terms of your health there are certain risk factors that we have no control over, like advanced age or a family history of a particular disease. These are sometimes called non-modifiable risk factors.

There are, however, certain things that we can do something about. These modifiable risk factors include high blood pressure, abnormal cholesterol, diabetes, your weight and whether or not you smoke cigarettes.

With aid of your doctor or pharmacist you can list your particular risk factors below:

Non-Modifiable Risk Factors	***Modifiable Risk Factors***

Monitoring Your Health (continued)

2

WHAT TO MONITOR

Goal:

Instructions

Date/Time	***Measurement***

Monitoring Your Health (continued)

3

WHAT TO MONITOR

Goal:

Instructions

Date/Time	*Measurement*