

How to use your long-term medical data tracker



This tracker is designed to help you keep a record of important medical results related to your heart health over time. By writing down your test results after each doctor’s visit, you can see how your numbers change and share this information easily with your healthcare team.

How to use it:

- After each blood test or check-up, write down your latest results in the tracker.
- Bring the tracker to your appointments so you and your doctor can review your progress together.
- In the Medication column, write down any medicines you are taking for your heart, cholesterol, blood pressure, or other related conditions. Update this if your doctor changes your prescription.
- There is a section for “notes”—use this space to note any advice, medication changes, advice or comments your doctor makes based on your results.
- Over time, you’ll be able to spot trends, areas in need of improvement and most excitingly, positive changes!
- This information should only be shared with your medical practitioner

Date	Fasting BGLs	Hba1c/a1c	Lipids LDL, HDL Total cholesterol	Blood Pressure (mm/Hg)	Medications + /-increase or decrease	Notes

[illegible]