

My Daily Health Tracker

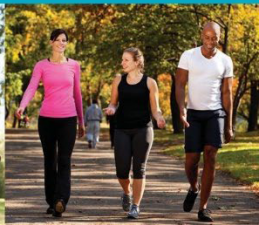


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Tracking Your Health

Tracking your health is the first step in making sure you are doing things that will keep you healthy. What does that mean? It means being aware of your physical well-being: checking your blood pressure, blood sugar, weight, nutrition, daily movement, and more. Use the information to set goals and share the information with your healthcare team. Managing your health is a team effort. Talk to all your healthcare professionals – not just your primary care physician or specialist. Your pharmacist, nurses, and other health care specialists can help you manage current health conditions and maintain your health.

Next time you go in for a visit with your healthcare team, make a list of questions that you want to ask and share your health diary with them.

Medications

Your healthcare team has created a specific medication schedule to help control your health conditions. However, you might forget to take your medicine daily or have trouble with the side effects. Remember that your medication is important to control your condition(s). Here are some tips to help you stick with your medication plan:

- Talk to your prescribing provider about any side effects you experience with your medications. If necessary, discuss other treatment options. Never stop treatment on your own.
- Make a schedule and set up a system to remind yourself to take your medications regularly—use a pillbox for every pill, every day, or use a smartphone “app” reminder.
- If your insurance provides mail-order delivery, set it up and request a 90-day supply of medications. If this service is not available or if cost is a concern, schedule all your refills at the same time each month, at the same pharmacy, and pick them all up at once.

Medications

Keeping a log of prescriptions—including drug names, dosages, and the healthcare provider who prescribed them can be a lifesaver. A log provides a visual reminder to take your medications. You'll also be better able to avoid potentially dangerous drug mix-ups and accidental overdoses. You can start tracking right now by filling out the med-tracker worksheet. You can also ask your healthcare provider to print out the list of your medications for you at the end of every visit. By having the list, you will make sure that your medication list is always current.

Physician's Information

Name: _____ Phone Number: _____

Emergency Contact Information

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Medicine Log

Name of Medicine & Purpose	Dose and Color of Medicine	When you take your medicine	Prescribing Provider	Special Instructions & Refill Date

Medicine Log

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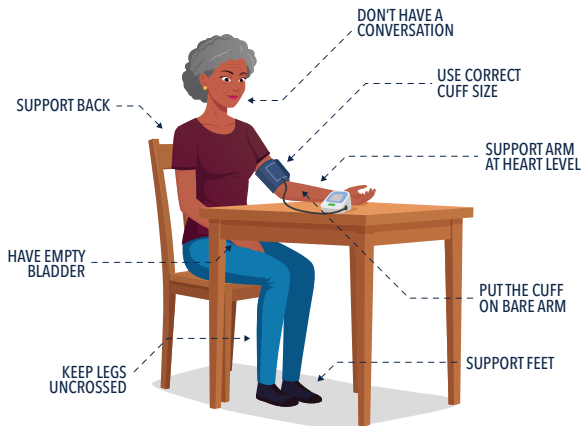
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Blood Pressure



30 MINUTES BEFORE TAKING BLOOD PRESSURE:
Avoid exercise, eating, caffeine, alcohol, and smoking.

5 MINUTES BEFORE:
Sit quietly.

What's your blood pressure goal? Develop a plan to regularly check your blood pressure at your healthcare provider's office, at your home, or pharmacy. Here are a few tips to follow while taking your blood pressure:

- It's best to have your monitor's accuracy tested once a year by a healthcare professional.
- Make sure the cuff fits: measure around your upper arm and choose a monitor with the correct size cuff. If you require a larger cuff size, purchase one or order one through your pharmacy.

Blood Pressure

- It's important to take the readings at the same time each day, such as in the morning and evening, or as your healthcare professional recommends.
- Don't smoke, drink caffeinated beverages, drink alcohol, or exercise within 30 minutes before measuring your blood pressure. You should also have an empty bladder.
- Sit with your back straight and supported (on a dining chair rather than a sofa). Your feet should be flat on the floor; don't cross your legs.
- Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the middle of the cuff is placed directly over the upper part of your arm, between your elbow and shoulder. Ask your healthcare provider to show you how. **See the picture on the next page that shows the proper position for taking your blood pressure.**
- Each time you measure, take two or three readings, one minute apart, and record all the results. Your healthcare provider can calculate your average blood pressure from all your readings, tell you what category you fall into, look at all your risk factors, and give you a blood pressure goal. Track your results on a log or diary to monitor your progress. If your blood pressure cuff is automated, your monitor will record your readings. You can take the monitor to your healthcare provider to review your readings.

American Heart Association Recommended Blood Pressure Levels

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High			
Stage 1	130 -139	or	80 -89
Stage 2	140 or higher	or	90 or higher
Blood Pressure higher than 180 mm Hg systolic or 120 mm Hg diastolic is an emergency. Call 9-1-1			

Blood Pressure higher than 180/120 mm Hg is an emergency. **Call 9-1-1 immediately.** If **9-1-1** is unavailable, have someone drive you to the nearest emergency facility immediately.

Heart rate or pulse is the number of times your heart beats per minute. The average resting heart rate is 60-80 beats per minute. It's generally lower in physically fit people and usually rises with age. Call your healthcare provider if your heart rate is greater than 100 beats per minute and you have not just finished exercising or doing heavy physical activity. If the rapid heart rate is irregular (spacing between beats is not normal), or you have dizziness, nausea, lightheadedness, chest pain, shortness of breath, or any new symptom, **call 9-1-1 immediately.** Likewise, if your heartbeat is less than 60 beats per minute and you are experiencing the symptoms above, **call 9-1-1 immediately.**

High Blood Pressure Resources



The Virginia Healthy Heart Ambassador Blood Pressure Self-Monitoring (HHA-BPSM) Program is an evidence-based program for people with high blood pressure that focuses on home blood pressure monitoring and nutrition education. Over four months, the HHA-BPSM program provides education, encouragement, and support. Participants measure and track their blood pressure at home, attend office hours to receive coaching and support, and attend or view nutrition education sessions.

To learn more about the HHA-BPSM program, visit
vdh.virginia.gov/heart-disease



Blood Pressure Log

Date/Time	Reading 1	Reading 2	Reading 3	Comments

Blood Pressure Log

Date/Time	Reading 1	Reading 2	Reading 3	Comments

Blood Pressure Log

Date/Time	Reading 1	Reading 2	Reading 3	Comments

Blood Pressure Log

Date/Time	Reading 1	Reading 2	Reading 3	Comments

Blood Pressure Log

Date/Time	Reading 1	Reading 2	Reading 3	Comments

Blood Pressure Log

Date/Time	Reading 1	Reading 2	Reading 3	Comments

Blood Sugar

Blood glucose or blood sugar monitoring is a way that a person can check to see if they are pre-diabetic or diabetic. It is the primary tool used by persons with diabetes to check their diabetes control. When you eat, the food is broken down into a form your body can use for nourishment and energy. Glucose is a simple sugar formed in this way, and its levels in the blood can be tested. Your glucose level is the amount of glucose in each amount of blood and is noted in milligrams in a deciliter, or mg/dL. Keeping a log of your results is important. Take your log to your health care provider. It provides information about your risks for diabetes and how you are responding to your diabetes care.

Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. Unfortunately, 4 out of 5 people with prediabetes don't know they have it. So, ask your healthcare provider to test you for prediabetes.

You may have pre-diabetes and be at risk for type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Have high blood pressure
- Are physically active fewer than three times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

Prediabetes Risk Test

1. How old are you?

Younger than 40 years (0 points)

40-49 years (1 point)

50-59 years (2 points)

60 years or older (3 points)

Write your score in
the boxes below

2. Are you a man or a woman?

Man (1 point) | Woman (2 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) | No (2 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) | No (2 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) | No (2 points)

6. Are you physically active?

Yes (1 point) | No (2 points)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 pts	2 pts	3 pts
	You weigh less than the 1 pt column (0 points)		

A score of 5 or higher is a significant risk for prediabetes. Share your results with your healthcare provider.

Blood Sugar

The two blood tests that can help a person manage their diabetes are the A1C and the self-monitoring blood glucose [SMBG].

The A1C gives information about your average blood sugar over the 2–3-month period. The A1C test is a better guide to overall blood sugar control. It can be done on blood drawn from a vein or a drop from a finger prick.

Prediabetes and diabetes can both be diagnosed using the A1C test. If the number of your A1C is between 5.7% and 6.4%, you are pre-diabetic. If the number is 6.5% or higher, you have diabetes. For most adults with diabetes, the target A1C, according to the 2026 American Diabetes Association (ADA) guidelines, is under 7%. However, ask your healthcare provider what is the right A1C goal for you.

The SMBG test uses a drop of blood from pricking your finger. Using a personal blood glucose monitor for SMBG testing can help you improve your blood sugar level control. The results you get from an SMBG test can help you make changes to your medicine, diet, and level of physical activity, if needed. Every person with diabetes should have a blood glucose monitor (also called a home blood sugar meter, a glucometer, or a glucose meter) and know how to use it. Your healthcare provider may prescribe you a blood glucose monitor.

For more information on diabetes, visit the ADA website at diabetes.org.

Blood Sugar Log

Date/Time	Blood Sugar	A1C	Where was it taken? Dr. office or home?	Comments

Blood Sugar Log

Date/Time	Blood Sugar	A1C	Where was it taken? Dr. office or home?	Comments

Blood Sugar Log

Date/Time	Blood Sugar	A1C	Where was it taken? Dr. office or home?	Comments

Blood Sugar Log

Date/Time	Blood Sugar	A1C	Where was it taken? Dr. office or home?	Comments

Blood Sugar Log

Date/Time	Blood Sugar	A1C	Where was it taken? Dr. office or home?	Comments

Weight

Why should I weigh myself regularly?

Keeping track of your weight if you are trying to lose weight is important. Your weight normally changes by 2 to 4 pounds during the day. Hormonal changes and some medications may also affect weight. Weighing yourself regularly will help you see changes and provide a clearer idea of how well your efforts are working. Most importantly, it will help you recognize (steady) weight gain.

Your body's weight can change in a day due to changes in fluid levels caused by food, salt intake, and water or hydration levels. Because of this, nutrition experts recommend only weighing yourself once a week, at the same time each week, under similar conditions as directed by your healthcare provider. For example, weighing yourself first thing every Monday morning will give you a better idea over the course of a month if you've lost or gained weight. Weighing yourself once a week will give you a better idea if your current weight is due to changes in diet rather than another issue. (If you are checking your weight for other health reasons, including to monitor for fluid retention with heart failure, your healthcare provider may instruct you to weigh yourself more often.)

Instead of tracking your weight by a single goal weight of, say, 145 pounds, pick your weight class or range that's comfortable for you—like 142 to 148 pounds (or 31 to 33 inches of waist size). When you tell someone your weight (not that anyone will be asking), it should never be one number. Think of your weight as an ideal range since a person's weight naturally changes daily. Focusing on a range can lead to more positive feelings for a person working to lose weight.

Body Mass Index (BMI) calculator: www.calculator.net/bmi-calculator.html

Weight Log

Date/Time	Height	Weight	Body Mass Index	Waist Circumference

Weight Log

Date/Time	Height	Weight	Body Mass Index	Waist Circumference

Weight Log

Date/Time	Height	Weight	Body Mass Index	Waist Circumference

Weight Log

Date/Time	Height	Weight	Body Mass Index	Waist Circumference

Weight Log

Date/Time	Height	Weight	Body Mass Index	Waist Circumference

Weight Log

Date/Time	Height	Weight	Body Mass Index	Waist Circumference

Feelings

On the lines below, write how you are currently feeling. For example, do you have pain, tiredness, nausea, numbness, or dizziness? Also, identify any possible side effects that you may be experiencing from the medications prescribed.

Feelings Log

Date	Time	How I feel today (physical and emotional). Do you have pain, tiredness, nausea, numbness, or dizziness? Are there any possible side effects to medications?

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Food

The following are some helpful tips for eating a heart healthy diet:

- Eat more whole foods like fresh fruits, vegetables, whole grains, dairy, and lean meats. Eat fewer processed and prepared foods as these tend to be high in sodium, saturated fat, trans-fat, and sugar.
- Try to fill half of your plate at each meal with fruits and vegetables. To do this, half of the contents in your grocery cart should be fruits and vegetables.
- Learn to read labels and choose foods lower in sodium. More than 70 percent of the sodium Americans eat comes from packaged, prepared, and restaurant foods – not the salt shaker!
- When shopping, look for the American Heart Association Heart-Check Mark which makes it easier to identify foods that can be part of a heart healthy diet.
- Do not shop for food when you are hungry.
- Make water your go-to drink.



Food Diary

Date	Time	What I ate

Food Diary

Date	Time	What I ate

Food Diary

Date	Time	What I ate

Food Diary

Date	Time	What I ate

Food Diary

Date	Time	What I ate

Food Diary

Date	Time	What I ate

Physical Activity

Exercise can be a great way to help control many chronic conditions. Always ask your healthcare provider if it is safe for you to exercise. The following are some helpful tips:

1. Find a safe place to walk or be more active. Increase the time and intensity of your physical activity as you progress.
2. Thirty minutes a day, five times a week, is an easy goal to remember. However, you will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes daily.
3. Consider making it social. Exercising with a friend can make it more fun. You can also encourage each other and hold one another accountable.

In the space below, list the physical activity that you participated in today, include the amount of time you were active and how you felt.

Physical Activity Log

Date	Time	Type of Activity	Total Minutes	How I felt

Physical Activity Log

Date	Time	Type of Activity	Total Minutes	How I felt

Physical Activity Log

Date	Time	Type of Activity	Total Minutes	How I felt

Physical Activity Log

Date	Time	Type of Activity	Total Minutes	How I felt

Physical Activity Log

Date	Time	Type of Activity	Total Minutes	How I felt

Physical Activity Log

Date	Time	Type of Activity	Total Minutes	How I felt

Tobacco and Nicotine

What is Quit Now Virginia?

Quit Now Virginia is a free, confidential, 24/7 service that helps Virginians 13 years and older quit tobacco or nicotine. Quitting is a journey, and you don't have to do it alone. Quit Now Virginia is here to help every step of the way.



Tobacco and Nicotine Quit Services

Free 24/7 • Visit QuitNowVirginia.org • 1-800-Quit Now



Tobacco and Nicotine

Quit Now Virginia

- ✓ Free and confidential personalized coaching.
- ✓ Available 24 hours a day, 7 days a week.
- ✓ Service provided to all Virginia residents age 13+.
- ✓ Free nicotine patches or gum, if eligible.
- ✓ A personalized online dashboard and app with quit tools and to track progress.
- ✓ Telephone counseling available in English and Spanish.
- ✓ Translation services for 140 languages.
- ✓ TTY service available for hearing impaired.
- ✓ Tailored services for pregnant women and people with behavioral health conditions.

Your quit journey starts today. A personal quit coach is ready to help you.

Call 1-800-QUITNOW or visit QuitNowVirginia.org for help.

Tobacco and Nicotine

Use the Tobacco and Nicotine log to enter information about your tobacco and nicotine habits for the next 30 days. Keep your log with you. That way, it will be there every time you use tobacco or nicotine. Then, follow the instructions below.

1. For the next 30 days, every time you use tobacco or nicotine, write down the time and place you used it.
2. At the end of the day, count the number of times you used tobacco or nicotine and record the total on the log.
3. Pay attention to how you felt before using tobacco or nicotine. Sometimes, how you're feeling can create an urge to use tobacco or nicotine.
4. The log is designated to help you keep track and gradually reduce your tobacco or nicotine use in order to quit for good.

Tobacco and Nicotine Log

Date	Time	Number of cigarettes/puffs of a vape/nicotine pouches, etc.	Triggers	How I felt

Tobacco and Nicotine Log

Date	Time	Number of cigarettes/puffs of a vape/nicotine pouches, etc.	Triggers	How I felt

Tobacco and Nicotine Log

[illegible]

Tobacco and Nicotine Log

Date	Time	Number of cigarettes/puffs of a vape/nicotine pouches, etc.	Triggers	How I felt

Tobacco and Nicotine Log

Date	Time	Number of cigarettes/puffs of a vape/nicotine pouches, etc.	Triggers	How I felt

Tobacco and Nicotine Log

Date	Time	Number of cigarettes/puffs of a vape/nicotine pouches, etc.	Triggers	How I felt

Risk Factors for Heart Disease & Stroke

Most of the risk factors for heart disease and stroke can be managed.

Risk Factors and Solutions for Managing Them



High blood pressure – Make control your goal.



Obesity – Work to maintain a healthy weight.



High cholesterol – Work with your doctor on a treatment plan to manage your cholesterol.



Unhealthy diet – Eat a healthy diet, low in sodium, sugar, and saturated fat, and high in fresh fruits and vegetables.



Diabetes – Work with your doctor on a treatment plan to manage your diabetes.



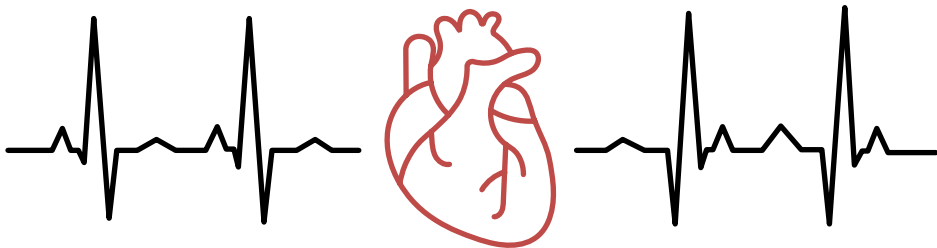
Physical inactivity – The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.



Tobacco use – If you don't smoke, don't start. If you do smoke, get help to quit.

Source: Centers for Disease Control and Prevention

Cardiac Arrest and Heart Attack Signs



Cardiac Arrest

- Electrical problem
- Unconscious
- Not breathing
- Call 911
- Start CPR
- Use Automated External Defibrillator (AED) if available

Heart Attack

- Circulation problem
- Chest pain/heaviness
- Nausea/vomiting
- Call 911

Be Stroke Smart: Recognize a Stroke



Be Stroke Smart

STROKE SIGN TEST: SMILE



Pass



Fail

CALL 911

STROKE SIGN TEST: RAISE ARMS



Pass



Fail

CALL 911

OTHER STROKE SIGNS

SUDDEN TROUBLE:

- Speaking or Understanding
- Walking or Balance
- Seeing
- Weak or Numb on one side of body

CALL 911

for even ONE SIGN

CALL 911

even if SIGNS STOP

BE FAST

Balance Loss	Eyesight Changes	Face Drooping	Arm Weakness	Speech Difficulty	Time to call 911
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Stroke Smart

VIRGINIA

VDH
DEPARTMENT OF HEALTH

Kwikpoint®
STROKE 911

Heart Health Resources

The Virginia Department of Health website has a selection of videos related to heart health. Subjects include:

- Be Heart Smart: How the Cardiovascular System Works and How to Keep It Healthy
- How to Check Blood Pressure at Home
- How to Make the Most Out of Your Doctor's Visit

The videos also cover a variety of other topics related to heart disease risk factors and how to live a heart healthy lifestyle.

To view the videos, visit vdh.virginia.gov/heart-disease



Heart Health Resources

If you are interested in additional information, it can be found on the following Virginia Department of Health websites:

Heart Disease

vdh.virginia.gov/heart-disease



Stroke

vdh.virginia.gov/stroke



Diabetes

vdh.virginia.gov/diabetes



Tobacco Free Living

vdh.virginia.gov/tobacco-free-living





Virginia Department of Health
Office of Family Health Services
Division of Prevention and Health Promotion
109 Governor St., Richmond, VA 23219

vdh.virginia.gov/heart-disease



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