

Blood Sugar Control Chart

30/11/2013

HealthTracker Version 5 (01/02/2014)

Report for:

Start date:

End date:

Control Limits:

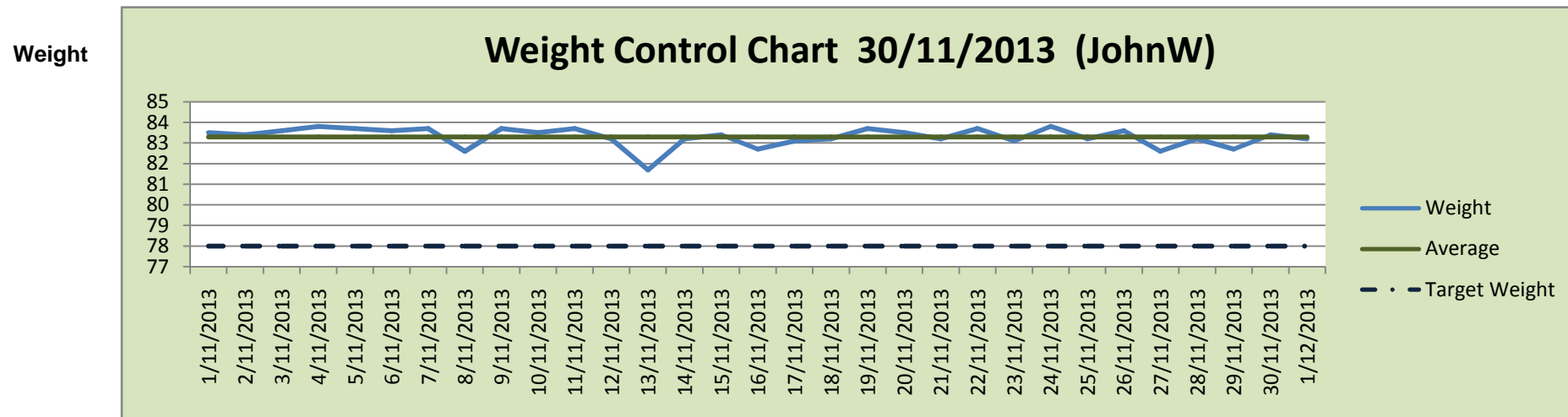
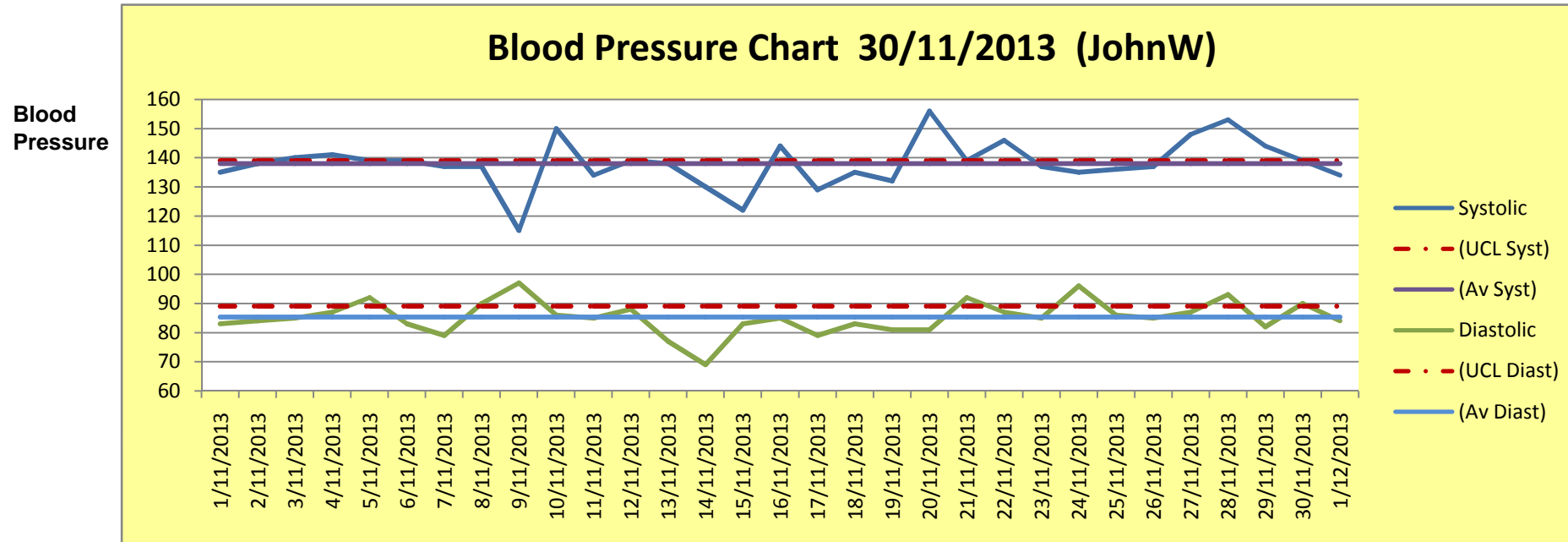
Desired Weight:

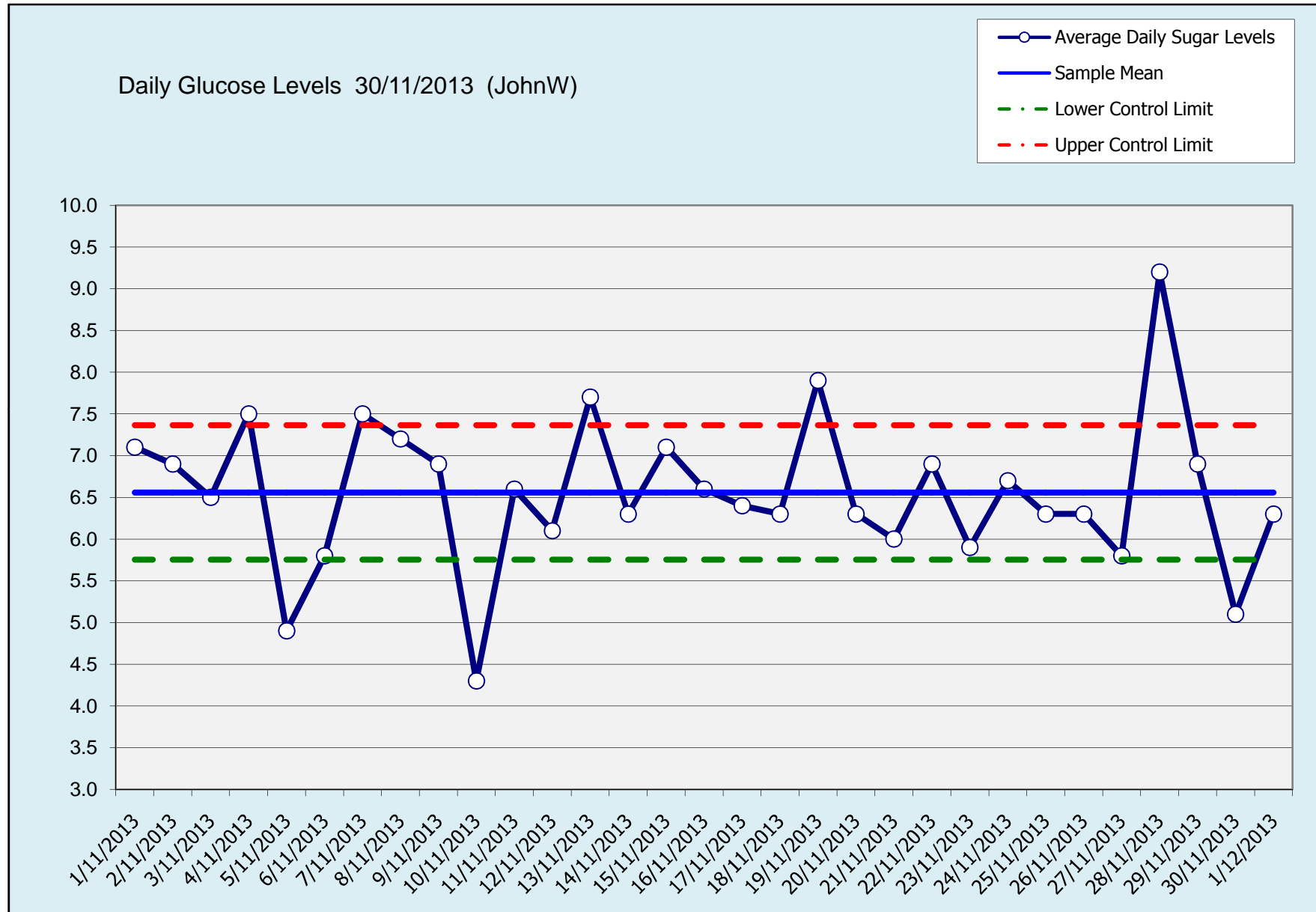
Notes:
 This data table and contents can be easily modified to suit. The number of samples per day can also be reduced. If Sample 2 and 3 are removed, then change the macros for Mean and Standard Deviation. Take Sample 1 before breakfast (ie. overnight fasting). Enter month Start Date in cell B8.
 Vary the tolerance levels (UCL and LCL) by changing the desired Control Limit value at B10. (1s - 100%, 2s - 200%, 3s - 300%).
 (Suggestion - Change initial values in columns D, M, N, O and T to average from previous month)

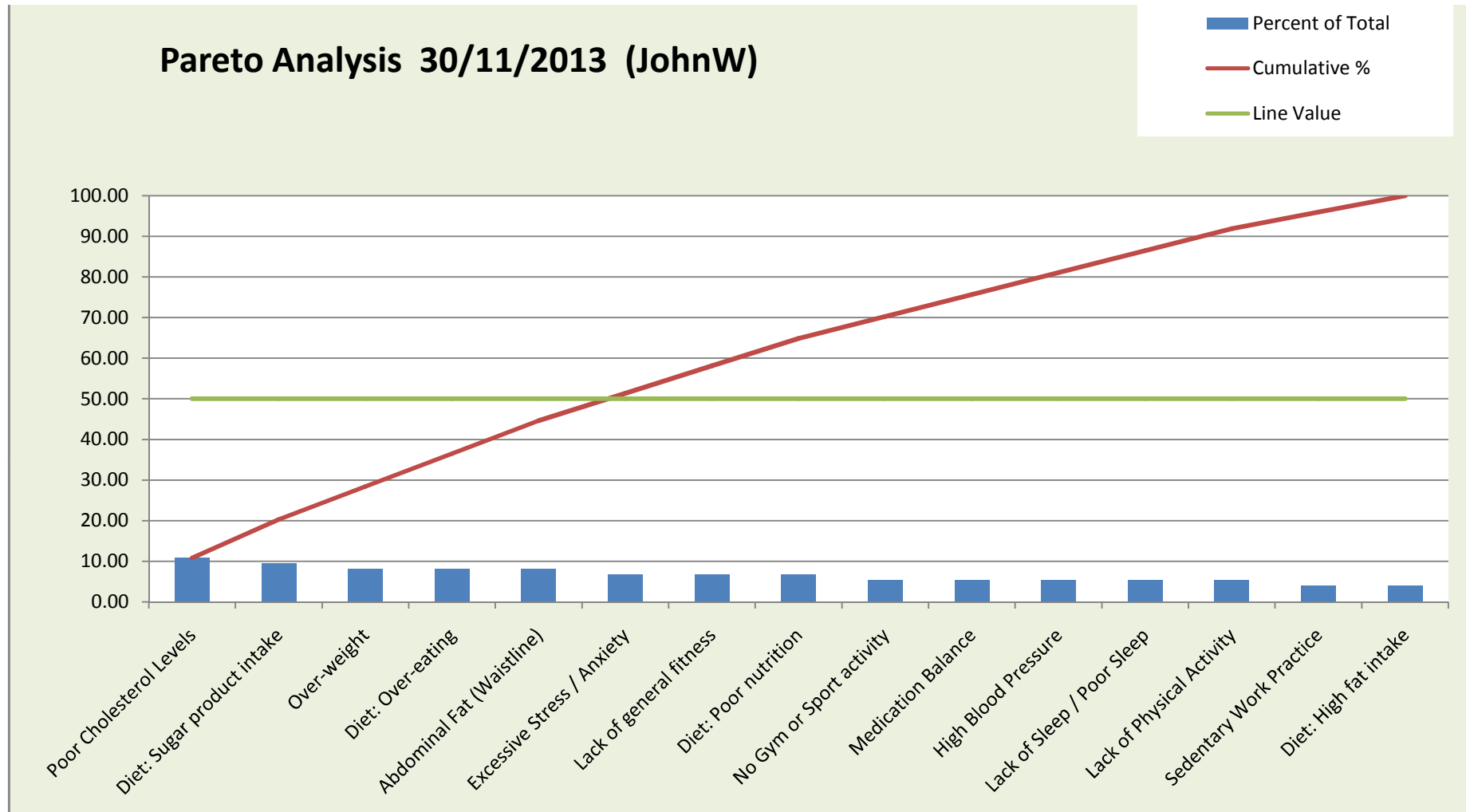
Sample Date		Blood Sugar			Blood Pressure			Other Health Factors			
Date	Time	Sample 1 (Morning)	Sample 2	Sample 3	Systolic	Diastolic	Pulse	Weight	Diet	Medication / Exercise	
1/11/2013	9:00	7.1	7.1	7.1	135	83	84	83.5	Fair	normal medication / 4km walk	
2/11/2013	7:00	6.9	6.9	6.9	138	84	82	83.4	Fair	normal medication / no walk	
3/11/2013	7:00	6.5	6.5	6.5	140	85	83	83.6	Fair	normal medication / 4km walk	
4/11/2013	6:40	7.5	7.5	7.5	141	87	73	83.8	Fair	tea and honey at 2am (sugar levels down)	
5/11/2013	6:30	4.9	4.9	4.9	139	92	82	83.7	Fair	5 hr walk	
6/11/2013	7:15	5.8	5.8	5.8	139	83	81	83.6	Fair	2 glimel (2+0) / no walk	
7/11/2013	6:05	7.5	7.5	7.5	137	79	82	83.7	Fair		
8/11/2013	6:30	7.2	7.2	7.2	137	90	88	82.6	Fair		
9/11/2013	6:30	6.9	6.9	6.9	115	97	77	83.7	Fair	2 glimel (2+0)	
10/11/2013	6:30	4.3	4.3	4.3	150	86	86	83.5	Fair	2 glimel (2+0) / no walk	
11/11/2013	6:00	6.6	6.6	6.6	134	85	79	83.7	Fair	2 glimel (2+0) / no walk	
12/11/2013	7:05	6.1	6.1	6.1	139	88	86	83.2	Fair	3 glimel (2+1) / no walk	
13/11/2013	7:00	7.7	7.7	7.7	138	77	81	81.7	Excellent		
14/11/2013	7:00	6.3	6.3	6.3	130	69	89	83.2	Fair	3 glimel (2+1) / 3km walk	
15/11/2013	7:00	7.1	7.1	7.1	122	83	83	83.4	Fair	3 glimel (2+1) / no walk	
16/11/2013	7:20	6.6	6.6	6.6	144	85	71	82.7	Fair	3 glimel (2+1) / 3km walk	
17/11/2013	5:00	6.4	6.4	6.4	129	79	78	83.1	Fair	1 glimel (1+0) / no walk	
18/11/2013	6:00	6.3	6.3	6.3	135	83	81	83.2	Poor	1 glimel (0+1) / no walk	
19/11/2013	5:30	7.9	7.9	7.9	132	81	84	83.7	Fair	1 glimel (1+1) / 3km walk	
20/11/2013	6:10	6.3	6.3	6.3	156	81	66	83.5	Fair	1.5 hrs in gym	
21/11/2013	6:30	6.0	6.0	6.0	139	92	77	83.2	Fair		
22/11/2013	6:30	6.9	6.9	6.9	146	87	78	83.7	Fair	normal medication /2km walk	
23/11/2013	7:00	5.9	5.9	5.9	137	85	81	83.1	Fair	2 glimel (1+1) /5km walk	
24/11/2013	5:00	6.7	6.7	6.7	135	96	91	83.8	Fair	2 glimel (1+1) /2km walk	
25/11/2013	7:00	6.3	6.3	6.3	136	86	98	83.2	Fair	2 glimel (1+1) /no walk	
26/11/2013	7:00	6.3	6.3	6.3	137	85	90	83.6	Fair	2 glimel (1+1) /no walk	
27/11/2013	7:00	5.8	5.8	5.8	148	87	83	82.6	Fair	2 glimel (1+1) /2km walk	
28/11/2013	7:15	9.2	9.2	9.2	153	93	81	83.2	Bad	2 glimel (1+1) /no walk	
29/11/2013	7:00	6.9	6.9	6.9	144	82	82	82.7	Fair	2 glimel (1+1) /no walk	
30/11/2013	6:10	5.1	5.1	5.1	139	90	81	83.4	Good		
1/12/2013	5:00	6.3	6.3	6.3	134	84	82	83.2	Poor		
					138	85	82	83.3			

Health Trend Reports

30/11/2013







Analysis and Improvement Plan

30/11/2013

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Health Risk Factor	Severity	Impact	Self-Assessment (or Medical Assessments)	Improvement or Mitigation Plan
Poor Cholesterol Levels	6	8	Too much fat in diet	1. Stop eating fatty take aways (hamburgers, fried chicken) 2. Introduce more fruit and vegetables into meals and snacks
Diet: Sugar product intake	4	7	Needs greater self control	1. Stop using sugar 2. Replace over-sweet snacks with healthier alternatives
Over-weight	6	6		1. Requires a longer term plan for daily walks and gym workouts 2. Walk at least 2 to 3 kms - 5 to 7 days a week
Diet: Over-eating	5	6		1. Reduce food intake and high calorie food
Abdominal Fat (Waistline)	4	6		
Excessive Stress / Anxiety	6	5		
Lack of general fitness	6	5		
Diet: Poor nutrition	3	5		
No Gym or Sport activity	8	4		
Medication Balance	4	4		
High Blood Pressure	3	4		
Lack of Sleep / Poor Sleep	3	4		
Lack of Physical Activity	3	4		
Sedentary Work Practice	3	3		
Diet: High fat intake	2	3		
Totals	66	74		

(<-- Sort on C for these 3 columns only -->)

Set Line Value:	50
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Severity / Impact Level Guidance
1. Negligible issues; no Impact; completely under control
2. Minimal issues; well controlled; minimal impact
3. Occasional issues; some control; some impact
4. A number of issues; basic control; noticeable impact
5. A number of issues; minimal control; noticeable impact
6. Frequent issues; minimal control; undesirable impact
7. Frequent issues; poor control; medium impact
8. Frequent issues; poor control; high impact
9. Many issues; very poor control; very high impact
10. Critical issue and impact / completely out of control