

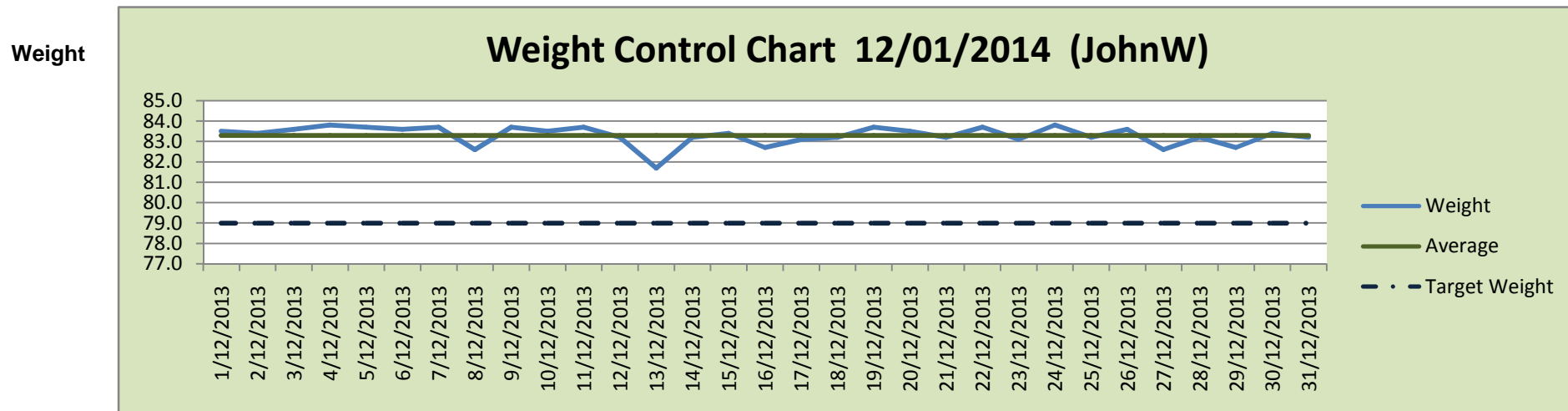
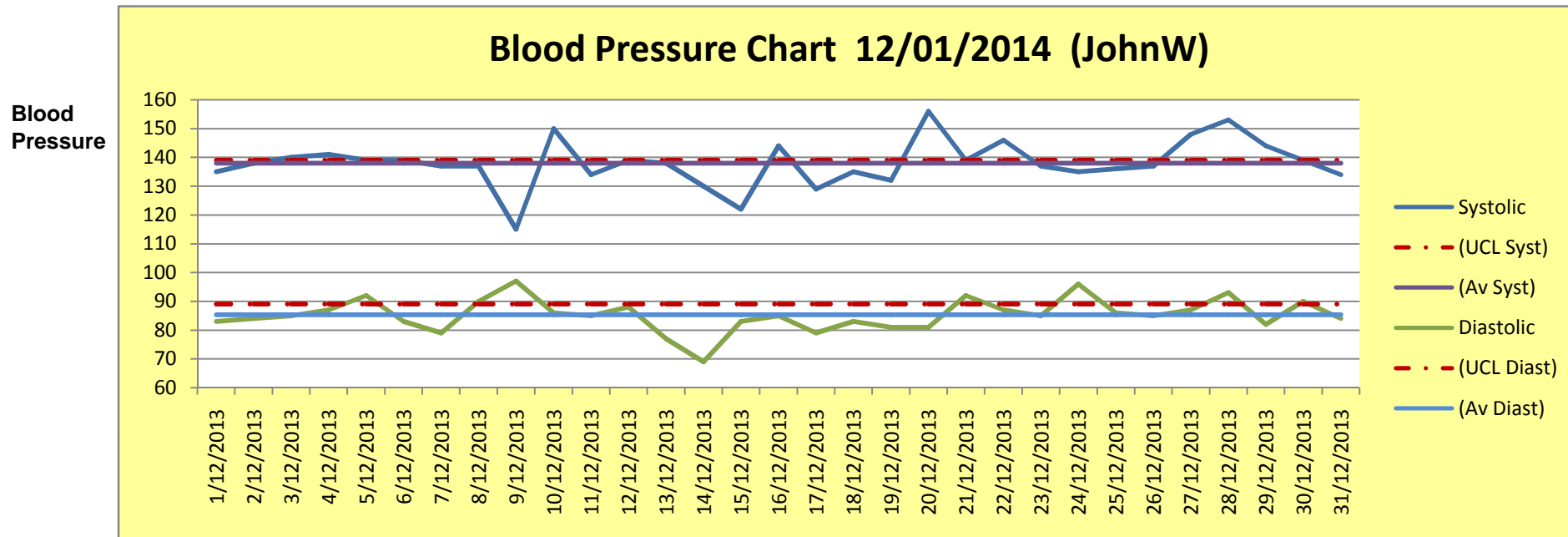
Blood Sugar Control Chart**12/01/2014****Health Tracker Version 5 (01/02/2014)****Report for:** JohnW**Start date:** 1/12/2013**End date:** 31/12/2013**Control Limits:** 100%**Desired Weight:** 79.0**Notes:**

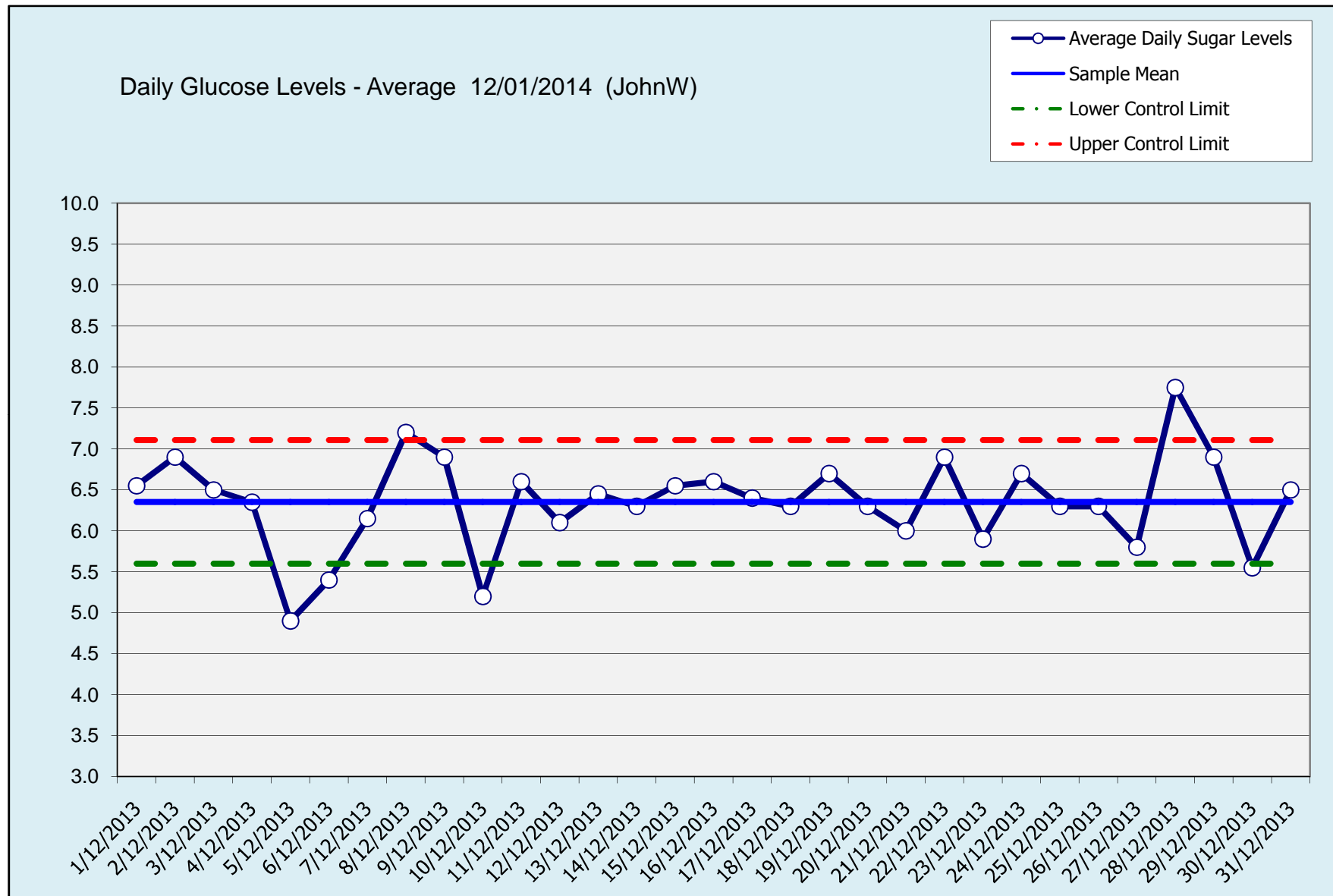
This data table and contents can be easily modified to suit. The number of samples per day can also be reduced. If Sample 2 and 3 are removed, then change the macros for Mean and Standard Deviation. Take Sample1 before breakfast (ie. overnight fasting). Enter month Start Date in cell B8.

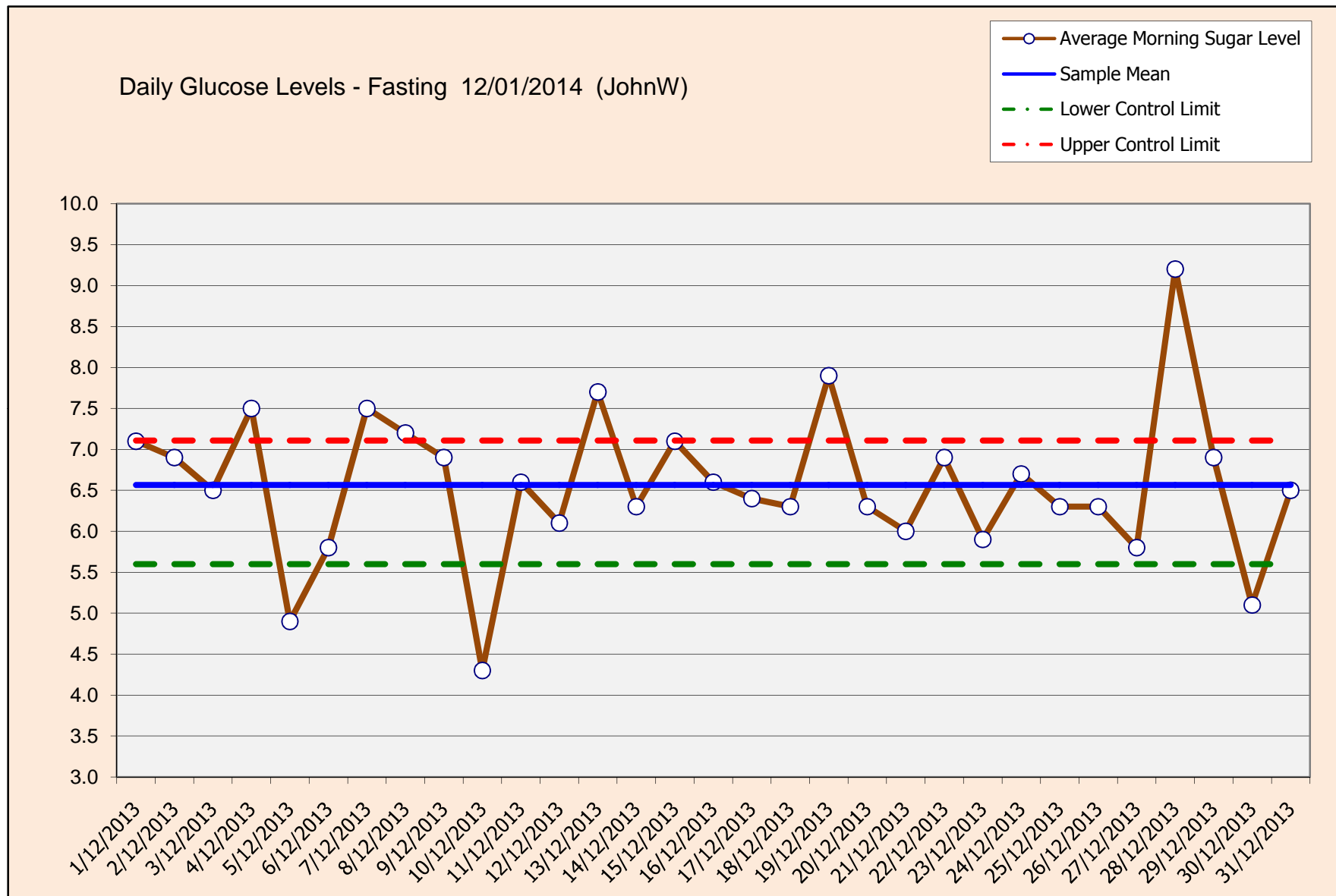
Vary the tolerance levels (UCL and LCL) by changing the desired Control Limit value at B10. (1s - 100%, 2s - 200%, 3s - 300%).

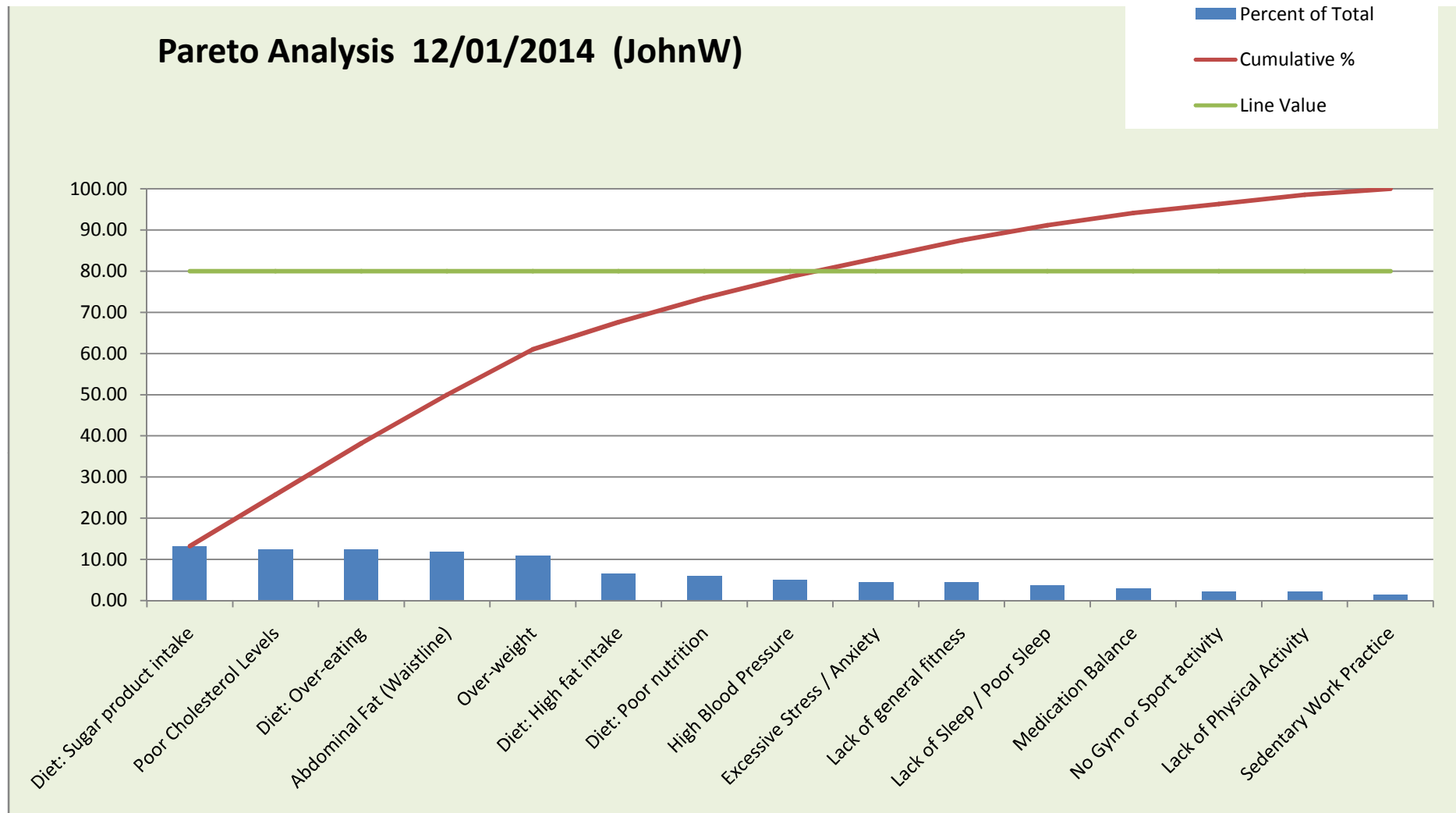
(Suggestion - Change initial values in columns D, N, O, P and U to averages from previous month)

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
1/12/2013	9:00	7.1	6.0	6.6	135	83	84	83.5	Good	Normal medication, 3.5 Km walk, good sleep, no gym
2/12/2013	7:00	6.9	6.9	6.9	138	84	82	83.4	Fair	normal medication / no walk
3/12/2013	7:00	6.5	6.5	6.5	140	85	83	83.6	Fair	normal medication / 4km walk
4/12/2013	6:40	7.5	5.2	6.4	141	87	73	83.8	Fair	tea and honey at 2am (sugar levels down)
5/12/2013	6:30	4.9	4.9	4.9	139	92	82	83.7	Fair	5 hr walk
6/12/2013	7:15	5.8	5.0	5.4	139	83	81	83.6	Fair	no walk
7/12/2013	6:05	7.5	4.8	6.2	137	79	82	83.7	Fair	
8/12/2013	6:30	7.2	7.2	7.2	137	90	88	82.6	Fair	
9/12/2013	6:30	6.9	6.9	6.9	115	97	77	83.7	Fair	2 glimel (2+0)
10/12/2013	6:30	4.3	6.1	5.2	150	86	86	83.5	Fair	2 glimel (2+0) / no walk
11/12/2013	6:00	6.6	6.6	6.6	134	85	79	83.7	Fair	2 glimel (2+0) / no walk
12/12/2013	7:05	6.1	6.1	6.1	139	88	86	83.2	Fair	3 glimel (2+1) / no walk
13/12/2013	7:00	7.7	5.2	6.5	138	77	81	81.7	Excellent	
14/12/2013	7:00	6.3	6.3	6.3	130	69	89	83.2	Fair	3 glimel (2+1) / 3km walk
15/12/2013	7:00	7.1	6.0	6.6	122	83	83	83.4	Fair	3 glimel (2+1) / no walk
16/12/2013	7:20	6.6	6.6	6.6	144	85	71	82.7	Fair	3 glimel (2+1) / 3km walk
17/12/2013	5:00	6.4	6.4	6.4	129	79	78	83.1	Fair	1 glimel (1+0) / no walk
18/12/2013	6:00	6.3	6.3	6.3	135	83	81	83.2	Poor	1 glimel (0+1) / no walk
19/12/2013	5:30	7.9	5.5	6.7	132	81	84	83.7	Fair	1 glimel (1+1) / 3km walk
20/12/2013	6:10	6.3	6.3	6.3	156	81	66	83.5	Fair	1.5 hrs in gym
21/12/2013	6:30	6.0	6.0	6.0	139	92	77	83.2	Fair	
22/12/2013	6:30	6.9	6.9	6.9	146	87	78	83.7	Fair	normal medication /2km walk
23/12/2013	7:00	5.9	5.9	5.9	137	85	81	83.1	Fair	2 glimel (1+1) /5km walk
24/12/2013	5:00	6.7	6.7	6.7	135	96	91	83.8	Poor	2 glimel (1+1) /2km walk
25/12/2013	7:00	6.3	6.3	6.3	136	86	98	83.2	Poor	2 glimel (1+1) /no walk
26/12/2013	7:00	6.3	6.3	6.3	137	85	90	83.6	Fair	2 glimel (1+1) /no walk
27/12/2013	7:00	5.8	5.8	5.8	148	87	83	82.6	Bad	2 glimel (1+1) /2km walk
28/12/2013	7:15	9.2	6.3	7.8	153	93	81	83.2	Fair	2 glimel (1+1) /no walk
29/12/2013	7:00	6.9	6.9	6.9	144	82	82	82.7	Fair	2 glimel (1+1) /no walk
30/12/2013	6:10	5.1	6.0	5.6	139	90	81	83.4	Good	
31/12/2013	6:30	6.5	6.5	6.5	134	84	82	83.2	Fair	
					138	85	82	83.3		

Health Trend Reports**12/01/2014**







Analysis and Improvement Plan**12/01/2014****Health Tracker Version 5 (01/02/2014)**

Health Risk Factor	Severity	Impact	Self-Assessment (or Medical Assessments)	Improvement or Mitigation Plan
Diet: Sugar product intake	7	18	Needs greater self control	1. Have been using sugar sometimes in tea - will completely remove 2. Will reduce any cake, biscuit or dessert to 1 per fortnight
Poor Cholesterol Levels	10	17	Too much fatty food in diet	1. Reduce take-away food, especially hamburgers and fries 2. Increase vegetables and fruit into meals and snacks
Diet: Over-eating	6	17	General diet is good, but still too much snacking	1. Continuous (daily) focus on both diet and food intake 2. Reduce causes for "snacking" - stress and anxiety for a start
Abdominal Fat (Waistline)	5	16	This defect has developed over many years, and has no overnight solution	1. Should start to see improvement if I maintain all other actions 2. Gym and crunches will help but is not main solution
Over-weight	10	15	About 5kg above optimum; BMI = 26	1. Concentrate more on daily diet and food intake 2. Restart gym visits (when it re-opens)
Diet: High fat intake	8	9	Eating too much takeaway	1. Limit type and frequency of takeaway meals
Diet: Poor nutrition	9	8	Need to improve ratio of salads, fresh vegies and fruit to meats and carbs	1. Better diet management 2. Work harder on maintaining a daily regimen
High Blood Pressure	5	7	12/01/14 This seems to be getting well under control, due to better sleep, intense walking etc	1. Increase the consistency and distance of daily walks. 2. Improve sleeping times and length. 3. Keep working on reducing stress levels
Excessive Stress / Anxiety	6	6		1. Daily walks, and weekly gym work-outs 2. Move to Better and consistent sleep patterns
Lack of general fitness	6	6		1. Aim to get more consistent sleep 2. Gym work helps, but longer walks (at reasonable pace) are better
Lack of Sleep / Poor Sleep	4	5	Need to have improved sleep time patterns	1. Reduce late nights. 2. Minimise low sugar levels overnight (vary Glimel)
Medication Balance	4	4		
No Gym or Sport activity	7	3		
Lack of Physical Activity	3	3		
Sedentary Work Practice	3	2		
Totals	93	136		

(<-- Sort on C then B for these cells A3 through to E18 -->)

Set Line Value:	80
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Severity / Impact Level Guidance	
0. No issues or Impact; Monitor only	10. A number of issues; minimal control; noticeable impact
1. Negligible issues; No Impact; Monitor & control	12. Frequent issues; minimal control; undesirable impact
2. Negligible issues or Impact; Monitor and control	14. Frequent issues; poor control; medium impact
4. Minimal issues; Minimal impact; Well controlled	16. Frequent issues; poor control; high impact
6. Occasional issues; Some Impact; Some control	18. Many issues; very poor control; very high impact
8. Number of issues; Noticeable impact; Basic control	20. Critical issue and impact / completely out of control

Daily Notes and Analysis on Data Results	Date	Daily Observations and Suggestions
	1/12/2013	
	2/12/2013	
	3/12/2013	
	4/12/2013	
	5/12/2013	
	6/12/2013	
	7/12/2013	
	8/12/2013	
	9/12/2013	
	10/12/2013	
	11/12/2013	
	12/12/2013	
	13/12/2013	
	14/12/2013	
	15/12/2013	
	16/12/2013	
	17/12/2013	
	18/12/2013	
	19/12/2013	
	20/12/2013	
	21/12/2013	
	22/12/2013	
	23/12/2013	
	24/12/2013	
	25/12/2013	
	26/12/2013	
	27/12/2013	
	28/12/2013	High reading related directly to poor diet control in the evening
	29/12/2013	
	30/12/2013	
	31/12/2013	