

**Self-care involves
conscious participation
in activities that promote
healthy functioning and
enhance a person's well-
being and quality of life.**

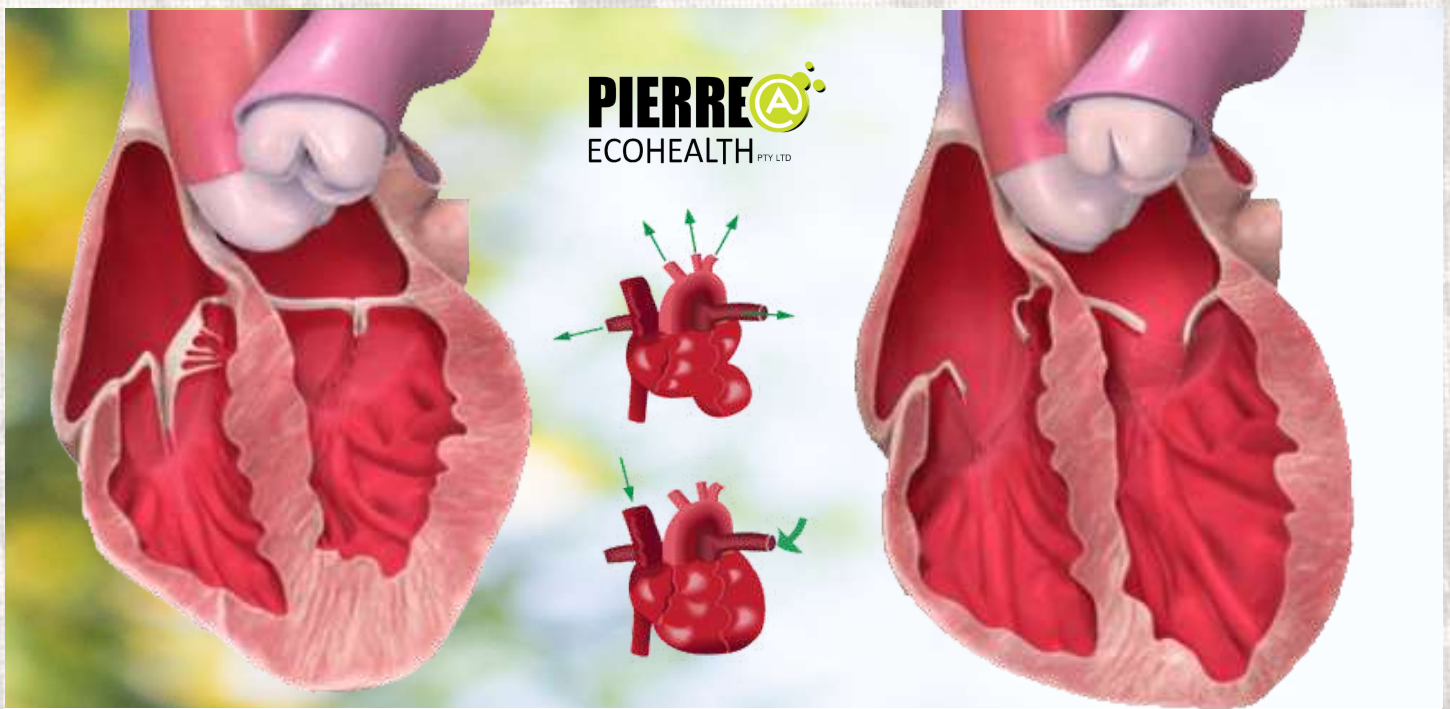
PIERRE 
ECOHEALTH PTY LTD

Blood Pressure

What is Blood Pressure?

Blood pressure is a measure of the force that your heart uses to pump blood around your body.

High blood pressure is a common condition that affects the body's arteries. It's also called hypertension. If you have high blood pressure, the force of the blood pushing against the artery walls is consistently too high. The heart has to work harder to pump blood. Blood pressure is measured in millimeters of mercury (mm Hg). In general, hypertension is a blood pressure reading of 130/80 millimeters of mercury (mm Hg) or higher.



- **Systolic blood pressure (the first number)**
indicates how much pressure your blood is exerting against your artery walls when the heart contracts.
- **Diastolic blood pressure (the second number)**
indicates how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions.

Uncontrolled high blood pressure can lead to disability, a poor quality of life, or even a deadly heart attack or stroke.

Blood pressure numbers of **120/80 mm** are considered within the normal range.

Note: A diagnosis of high blood pressure must be confirmed with a medical professional.

Blood Pressure Log

Month _____ Notes: _____



DAY	TIME	SYSTOLIC (UPPER)	DIASTOLIC (LOWER)	HEART RATE	NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

Blood Glucose (Sugar)

What is Blood Glucose (Sugar)?

Blood glucose, or blood sugar, is the main sugar found in your blood. It is your body's primary source of energy. It comes from the food you eat. Your body breaks down most of that food into glucose and releases it into your bloodstream. When your blood glucose goes up, it signals your pancreas to release insulin.

Risk Factors

- Having a family history of type 2 diabetes or heart disease
- Having an inactive lifestyle
- Having high blood pressure
- Sleeping at irregular times
- Being overweight

Signs Of Diabetes

- Blurred vision
- Increased thirst
- Numb or tingling hands & feet
- Urinating a lot

Blood Glucose Levels*

7.8 mmol/l 11 mmol/l

Healthy Pre-diabetes Diabetes

*Reading after having food/drinks

Lifestyle Tips

- Avoid refined carbohydrates
- Cut back on sugar
- Drink less alcohol
- Eat healthier foods
- Get sufficient sleep
- Keep an active lifestyle
- Reduce portion size

...and more



HYPOGLYCEMIA
low sugar



NORMAL LEVEL
normal sugar



HYPERGLYCEMIA
high sugar



Fasting Blood Glucose

Reading after 8 hours without food and drinks

Healthy

Pre-diabetes

Diabetes

6

7

Non-Fasting Blood Glucose

Reading after having food or drinks

Healthy

Pre-diabetes

Diabetes

7.8

11

Blood Sugar Tracker

Month _____

B = BEFORE Eating A = AFTER Eating

Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B	B	B	B	B	B	B
	A	A	A	A	A	A	A
	B	B	B	B	B	B	B
	A	A	A	A	A	A	A
	B	B	B	B	B	B	B
	A	A	A	A	A	A	A
	B	B	B	B	B	B	B
	A	A	A	A	A	A	A
	B	B	B	B	B	B	B
	A	A	A	A	A	A	A
	B	B	B	B	B	B	B
	A	A	A	A	A	A	A

Notes:



Cholesterol levels

What is Cholesterol?

Cholesterol is a waxy material that's found naturally in your blood. Your body makes cholesterol and uses it to do important things like make hormones and digest fatty foods. If you have too much cholesterol in your body, it can build up inside your blood vessels and make it hard for blood to flow through them. Over time, this can lead to heart disease.

How can I tell if I have high cholesterol?

Most people who have high cholesterol don't have any signs or symptoms. That's why it's so important to get your cholesterol checked.



HDL  good



LDL  bad

How can I get my cholesterol checked?

You can check your cholesterol levels with a blood test. There are other blood tests that can check cholesterol, but a lipid profile gives the most information.

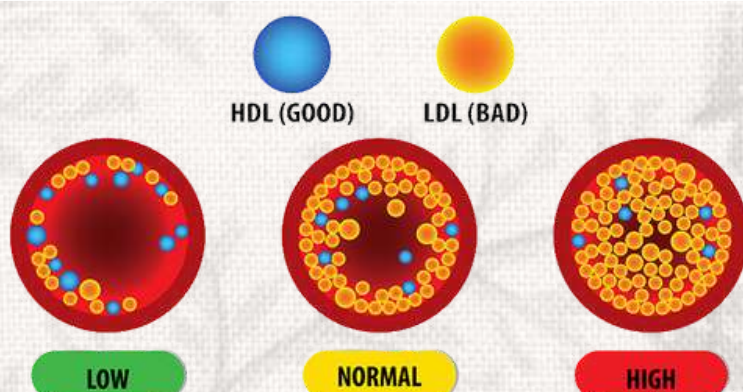
LDL cholesterol is a "bad" type of cholesterol that can block your arteries, so a lower level is better for you. Having a high LDL level can increase your risk of heart disease.

HDL cholesterol is the "good" type of cholesterol that helps clear LDL cholesterol out of your arteries, so a higher level is better for you. Having a low HDL cholesterol level can increase your risk of heart disease.

Triglycerides are a type of fat in your blood that can increase your risk of heart attack and stroke.

Causes of high LDL (bad) cholesterol or low HDL (good) cholesterol levels include:

- Age
- Smoking, using other tobacco products, or drinking alcohol
- Not getting enough physical activity
- Eating too much saturated fat or not enough fruits and vegetables.
- Taking certain medicines, like medicines to lower blood pressure,
- Family history of high cholesterol
- Familial hypercholesterolemia (a condition passed down through families that causes very high LDL cholesterol levels)
- Certain other health problems, like type 2 diabetes or obesity,



Medication & Supplement Tracker

Having an easily accessible and current medication and supplement list is a helpful way to keep track and make sure you're taking your medications daily and at the right times.

























































#	MEDICATION / SUPPLEMENT	DOSE	DIRECTIONS	NOTES
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

List any reactions you have experienced from medicines that required you to stop taking that medicine because of allergies or bad side effects.

WATER TRACKER



"Stay hydrated and sparkle on."

Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Weekly Meal Planner

Monday

Breakfast :

Lunch :

Dinner :

Tuesday

Breakfast :

Lunch :

Dinner :

Wednesday

Breakfast :

Lunch :

Dinner :

Thursday

Breakfast :

Lunch :

Dinner :

Friday

Breakfast :

Lunch :

Dinner :

Saturday

Breakfast :

Lunch :

Dinner :

Sunday

Breakfast :

Lunch :

Dinner :

Shopping List





MEATS

[illegible][illegible]

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
BAKERY	
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

BAKERY

OTHERS

[illegible][illegible][illegible]

Weekly Tracker



Month _____

	Week 1	Week 2	Week 3	Week 4
Chest				
Arm				
Waist				
Hips				
Thigh				
Calf				
Inches Lost				

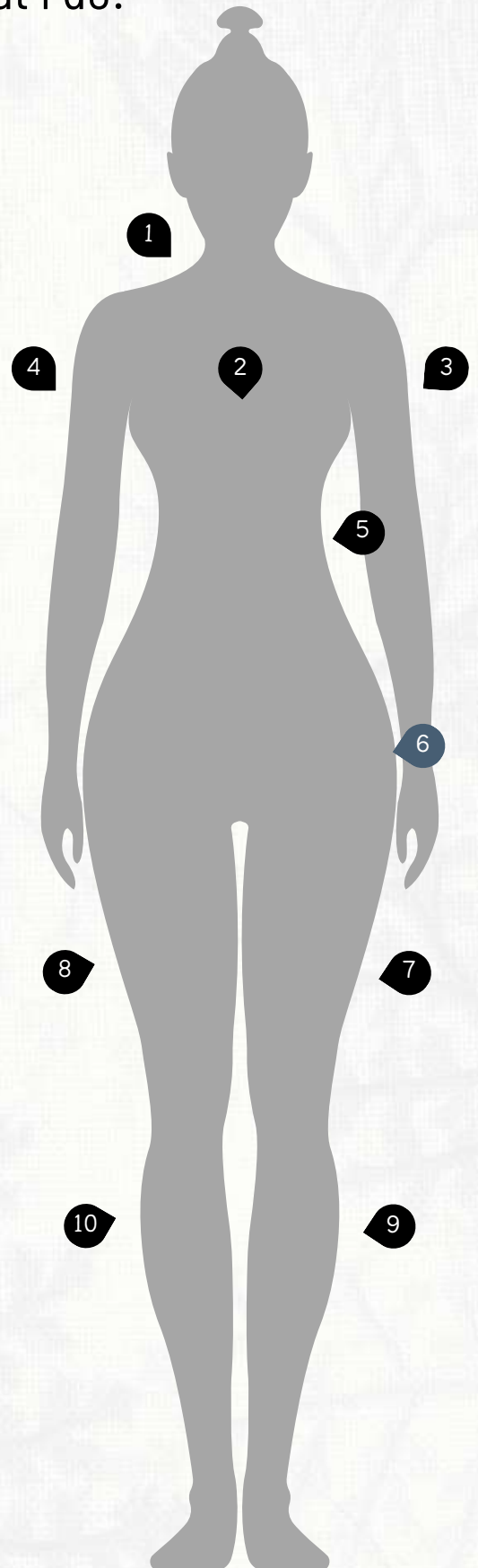
Numbers	Week 1	Week 2	Week 3	Week 4
Weight				
BMI				
Weight Lost				

Body Measurement



"The distance between who I am and who I want to be is only separated by what I do!"

	MONTH 1	MONTH 2	MONTH 3	MONTH 4
DATE:				
WEIGHT:				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				



Fitness Goals

"Some people want it to happen, some wish it would happen, others make it happen."

Exercise / Activity

Start

Goals

Chest

Arm

Waist

Hips

Thigh

Calf

Weight

Motivation

Notes



Month:[illegible]