

Daily Health Tracker

One log for blood pressure, pulse, and blood sugar

What this is

A printable 4-week log that combines blood pressure, pulse, and blood glucose in a single sheet - built for anyone managing both hypertension and diabetes and who would rather keep one log instead of two.

How to use it

- Take blood pressure and glucose readings at consistent times each day where possible.
- Record systolic/diastolic, pulse, and glucose value together for each check-in.
- Mark whether medication (BP and/or diabetes) was taken around that reading.
- Bring the completed log to your next appointment, or photograph it to send to your care team.

Quick reference ranges

	Normal	Needs attention
	Below 120/80 mmHg	130/80 mmHg or higher
	70-99 mg/dL	126 mg/dL or higher
hr)	Below 140 mg/dL	200 mg/dL or higher

A note before you start

This log is a tool for organizing your own readings so you and your doctor can spot patterns together. It does not diagnose, treat, or replace medical advice. Always follow the care plan your physician has given you, and contact them (or emergency services) if a reading is far outside your normal range or you feel unwell.

Designed by a physician · BluePalm Hub

Week 1

Day / Date	Time	BP (Sys/Dia)	Pulse	Glucose	Meds	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Notes for the doctor (meals, symptoms, missed doses, etc.):

Week 2

Day / Date	Time	BP (Sys/Dia)	Pulse	Glucose	Meds	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Notes for the doctor (meals, symptoms, missed doses, etc.):

Week 3

Day / Date	Time	BP (Sys/Dia)	Pulse	Glucose	Meds	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Notes for the doctor (meals, symptoms, missed doses, etc.):

Week 4

Day / Date	Time	BP (Sys/Dia)	Pulse	Glucose	Meds	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Notes for the doctor (meals, symptoms, missed doses, etc.):