

# My progress



## What I'm tracking

Here you can record your lab results and other things that affect your health. At the top are some common things but you can cross them out and add what you like, such as pain or peak flow. You can find some of this information in your patient portal, or ask your healthcare team.

Use the blank rows for other visits.



Visit	Aim/range:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:	Date/ result:
Blood pressure										
Weight										
Cholesterol										



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