

Your Personal Daily VITAL Tracking LOG brought to YOU by I Need An Angel, Inc. Award Winning HOME CARE. "Focus on your progress, not your goals." –ABarnes

Circle Tracked Month: **January February March April May June July August September October November December Year: 20__**

DAY of Month	WEIGHT	BLOOD SUGAR	BLOOD PRESSURE		HEART RATE	PAIN	TEMP	BM=Bowel Movement	Meds # Dose	Exercise/ Activity #	Mood :) :/ :(Other:	NOTES
	LBS	mg/dL	Systolic (Upper#)	Diastolic (Lower#)	Pulse Per Minute	1 None -10 Awful	0	BM Track HHH	AM/PM HHH	AM/PM HHH	Grade A B C D F		Add your Med changes & other helpful reminders!
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(AM = Morning, PM =Evening) This log is available and brought to YOU by I Need An Angel, Inc as a community resource to help you track and spot early signs of a concern.

This Form is available online for free but is the property of I Need An Angel, Inc. Coping available for personal use only Answers.INeedAnAngel.com Call/Text 480-951-4083

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Reference Only: INDIVIDUALS MUST USE BEST JUDGMENT & DETERMINE TARGETS RIGHT FOR THEM

CALL 911 in the event of an EMERGENCY. Active HOSPICE patients should seek directions from Hospice.

BLOOD PRESSURE:

Top number (systolic) in mm Hg	And/or	Bottom number (diastolic) in mm Hg	Blood pressure category*
Below 120	and	Below 80	Normal blood pressure
120-129	and	Below 80	Elevated blood pressure
130-139	or	80-89	Stage 1 high blood pressure (hypertension)
140 or higher	or	90 or higher	Stage 2 high blood pressure (hypertension)

INFORMATION found on MAYOCLINIC.org A blood pressure measurement over 180/120 mm Hg is called a hypertensive emergency or crisis.

Seek emergency medical help for anyone with these blood pressure numbers.

BODY TEMPERATURE:

Normal body temperature can range from 97.8° F (36.5°C) to 99°F (37.2°C) for a healthy adult.

BLOOD SUGAR:

Per the American Diabetes Association ADA targets are listed below...

When you wake up and before meals: 80 to 130 mg/dL 2 hours after a meal: below 180 mg/dL

DNR / DO NOT RESUSCITATE:

DNR Form is a strict pre-hospital medical care directive (not the same as in the hospital) According to Jackson White Attorney at Law the DNR forgoes "resuscitation if the patient stops breathing or if the patients heart stops beating" DNR must be signed by a Doctor, and on the orange form.

INAA recommends posting DNR/orange form on the back of the front door or refrigerator for easy access to first responders, in an emergency.

*****PLEASE USE THIS FORM & ITS CONTENTS AT YOUR DISCRETION*****

*DISCLOSURE: I Need An Angel is a Non-Medical Home Care Agency ,
therefore Clients and Families must determine if the targets are right for them.*

More Resources Available for YOU Online. Have Long Term Care Insurance?

Get Your Copy of the "For Your Records" LTC Brochure &

Free 15 Minute Long Term Care Consultation (No Strings/Obligation) CALL TODAY! 480-951-4083

I Need An Angel, Inc. "Caregivers You Can Depend On" Award Winning HOMECARE

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Phone/Text: 480-951-4083 VISIT US ONLINE www.INeedAnAngel.com

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