

# Monthly Health Stat Log For the Month of \_\_\_\_\_ \* Key BG Blood Glucose Sugar Level, BP blood Pressure

	Fast start	Fast End	Total Fast	Fast- ed BG	Ke- tones	Meal BG	Meal BG	Meal BG	BP	Meals/Exercise/Meds/Notes
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Date \_\_\_\_\_ Weight \_\_\_\_\_ Waist Measurement \_\_\_\_\_ High Hip Abdomen Measurement \_\_\_\_\_ Hips \_\_\_\_\_ Chest \_\_\_\_\_ Arm \_\_\_\_\_ Thigh \_\_\_\_\_ Ankle \_\_\_\_\_ Calve \_\_\_\_\_