

Know Your Numbers Tracker

Use this tracker to record your key health numbers and monitor your progress over time. Keeping track of your readings can help you stay on top of your health and detect changes early.

Health Metric	Your Goal Range	Reading #1	Reading #2	Reading #3	Average	Date Checked
Blood Pressure	Below 120/80 mmHg (Normal)					
Cholesterol	Total: < 200 mg/dL					
Blood Sugar	Fasting: 70–99 mg/dL					
BMI / Waist	BMI: 18.5–24.9 / Waist: M<40 in, W<35 in					

Tip: Bring this tracker to your next checkup to review your numbers with your healthcare provider.