

# My Health Record

Name: \_\_\_\_\_

Birthday: \_\_\_\_\_



**Mālama**  
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# Blood Pressure Log: Week 1

Every time you take your blood pressure, be sure to:

- ⇒ No talking, texting, or watching on your phone
- ⇒ Back/feet supported
- ⇒ Arm supported at heart level
- ⇒ Legs are uncrossed
- ⇒ Bladder is empty
- ⇒ Cuff on bare arm

Date	Morning		Afternoon		Comments: <i>(Stressful day, upset, 2 alcoholic drinks)</i>
	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	
<i>Example:</i> 12/18	Time: 7:30am HR: 93	172/93	Time: 8:30pm HR: 78	142/72	<i>AM reading: Just finished morning walk. PM Reading: Very tired.</i>
	Time:  HR:		Time:  HR:		
	Time:  HR:		Time:  HR:		
	Time:  HR:		Time:  HR:		
	Time:  HR:		Time:  HR:		
	Time:  HR:		Time:  HR:		
	Time:  HR:		Time:  HR:		
	Time:  HR:		Time:  HR:		

# Blood Pressure Log: Week 2

My Instructions: \_\_\_\_\_

Goal: \_\_\_\_\_

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Date	Morning		Afternoon		Comments: <i>(Stressful day, upset, 2 alcoholic drinks)</i>
	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	
<i>Example:</i> 12/25	Time: 6:30am HR: 71	143/83	Time: 9:45pm HR: 85	158/88	AM reading: Just woke-up. PM Reading: Grandkids visiting for Christmas.
	Time: HR:		Time: HR:		
	Time: HR:		Time: HR:		
	Time: HR:		Time: HR:		
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	Time: HR:		Time: HR:		

# Blood Sugar Log: Week 1

Target blood glucose ranges: *Talk to your doctor*

Fasting: \_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL

Pre-meal: \_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL

Post-meal: \_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL

Date	Morning	Midday	Evening	Comments: ( <i>Stressful day, upset, skipped lunch, ate cookie</i> )
<b>Example:</b> 12/18	Time: 7:30 am Reading: 70 <input checked="" type="checkbox"/> Fasting	Time: 12:15 pm Reading: 130	Time: 8:30 pm Reading: 223	<u>Morning:</u> Fasting <u>Midday:</u> Lots of appointments <u>Evening:</u> Very tired & brownies
	Time:  Reading: <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	<u>Morning:</u> <u>Midday:</u> <u>Evening:</u>
	Time:  Reading: <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	<u>Morning:</u> <u>Midday:</u> <u>Evening:</u>
	Time:  Reading: <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	<u>Morning:</u> <u>Midday:</u> <u>Evening:</u>
	Time:  Reading: <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	<u>Morning:</u> <u>Midday:</u> <u>Evening:</u>
	Time:  Reading: <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	<u>Morning:</u> <u>Midday:</u> <u>Evening:</u>
	Time:  Reading: <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	<u>Morning:</u> <u>Midday:</u> <u>Evening:</u>
	Time:  Reading: <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	<u>Morning:</u> <u>Midday:</u> <u>Evening:</u>

# Blood Sugar Log: Week 2

## My Instructions:

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Date	Morning	Midday	Evening	Comments: <i>(Stressful day, upset, skipped lunch, ate cookie)</i>
<b>Example:</b> 12/25	Time: <i>8:30 am</i> Reading: <i>132</i> <input type="checkbox"/> Fasting	Time: <i>12:30 pm</i> Reading: <i>181</i>	Time: <i>9:45 pm</i> Reading: <i>202</i>	Morning: <i>Forgot, ate food first</i> Midday: <i>Stressful day cooking</i> Evening: <i>Apple pie for dessert</i>
	Time:  Reading:  <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	Morning:  Midday:  Evening:
	Time:  Reading:  <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	Morning:  Midday:  Evening:
	Time:  Reading:  <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	Morning:  Midday:  Evening:
	Time:  Reading:  <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	Morning:  Midday:  Evening:
	Time:  Reading:  <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	Morning:  Midday:  Evening:
	Time:  Reading:  <input type="checkbox"/> Fasting	Time:  Reading:	Time:  Reading:	Morning:  Midday:  Evening:

## Food Log: Days 1 through 4

Keeping an accurate log of what food you eat and drink is critical to supporting your kidneys. This will help you, your doctor, and your dietitian to find patterns in your diet that may affect your health condition.

Date	Breakfast: Food and Beverages	Morning Snack	Lunch: Food and Beverages	Afternoon Snack
<b>Example:</b> 12/18	<i>1 slice of toast w/ butter, 1 c of coffee, 1/2 c cottage cheese</i>	<i>10 cherries</i>	<i>Tuna sandwich with orange juice</i>	<i>Peanut butter with apple slices</i>

## Tips:

- ⇒ Keep your log with you and write it down as you eat or drink anything. Its best to record as you go.
- ⇒ Be as specific as you can when writing down what food and drinks you consume.

Dinner: Food and Beverages	Evening Snack	Comments: <i>(Stressful day, upset, alcoholic drink)</i>
<i>Asparagus with baked salmon. 2 cups of water and 1 cup Jell-O for dessert.</i>	<i>CKD friendly trail mix</i>	<i>A lot of doctor's appointments so very tired.</i>

# Food Log: Days 5 through 8

- ⇒ Don't change your eating habits while you are keeping your food log.
- ⇒ Be honest. Your doctor and dietitian can only help if you record what you really eat.

Date	Breakfast: Food and Beverages	Morning Snack	Lunch: Food and Beverages	Afternoon Snack
<i>Example:</i> 12/25	<i>2 Eggs &amp; Portuguese sausage w/ orange juice &amp; coffee (cream &amp; sugar)</i>	<i>1/2 papaya</i>	<i>Small bowl of Tofu Salad and miso dressing</i>	<i>None</i>



Tips:

- ⇒ Don't forget to write down "extras" such as butter, oils, dressing, sugar, sauces, gravy, and seasonings.
- ⇒ Write down if anything different happened that day such as eating out with friends.

Dinner: Food and Beverages	Evening Snack	Comments: <i>(Stressful day, upset, alcoholic drink)</i>
<i>Honey baked ham (1/2 c), Turkey (1 c), Candied Yams (1/2 c), Cranberry sauce (3 scoops), Green Beans (1c), Apple Pie, Champagne</i>	<i>None</i>	<i>Very excited Christmas Day. Mostly spent cooking with family. Big breakfast for energy.</i>

# Physical Activity Log:

Being active is very helpful to our bodies in many ways. Lowering stress, improving our mood & sleep, lowering our blood pressure, and strengthening our muscles are just a few benefits that can help our bodies feel better.

Date	Start Time	End Time	Description of Activity	Comments
<b>Example:</b> <i>12/18</i>	<i>8:30 am</i> <i>2:00 pm</i>	<i>9:00 am</i> <i>3:15 pm</i>	<i>Morning Walk</i> <i>Raked the lawn</i>	<i>Short morning walk around the block.</i>

# Important things to remember:

- ⇒ Listen to your body. Don't push yourself to the point of pain or exhaustion.
- ⇒ Do a variety of different activities. For example, walk one day, mow the lawn next, and swim the following.

Date	Start Time	End Time	Description of Activity	Comments
<b>Example:</b> 12/25	7:30 am 10:00 am	8:30 am 6:15 pm	Played with grand-kids Cooking all day	Christmas Day. Lots of cooking and excitement with the family.

*The first step towards getting somewhere is to decide that you  
are not going to stay where you are.*

