

Progress tracker

Track improvements in your health
and how you are feeling



Record your symptoms, side effects, test results, and more. Bring your tracking pages to your healthcare provider appointments. Use them to discuss your treatment and your progress toward your goals.



Monitor your progress

Complete any time you have test results from home monitoring or lab tests
You can use the blanks to add a test if needed.

Important: Check your blood pressure regularly. If you feel dizzy or have other signs of low blood pressure, tell your healthcare provider.

[illegible]

Measurements

Complete once a month
To measure your waist, stand and place a tape measure around your middle, just above your hip bones. Measure after you breathe out.
Keep in mind that weight loss takes time.

[illegible]



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