MY HOME NUMBERS TRACKER

hardy4.tech

One page for the three numbers that run your life. Bring this to every appointment.

1. Blood Pressure

Same time each day, feet flat, arm supported. Two readings, 1 minute apart, after sitting 5 quiet minutes.

Date	Time	Top (sys)	Bottom (dia)	Notes (meds, coffee)

Targets to ask your care team about: most adults aim under 130/80 — yours may differ (age, meds, kidneys).
Call the office if the top number stays 180+ or the bottom stays 120+.

2. Blood Sugar (Glucose)

Fasting = nothing but water for 8+ hours. 2-hour post-meal = 2 hours after the FIRST bite.

Date	Time	Reading	Fasting or 2-hr?	Notes

Common starting targets adults discuss with their team: fasting 80–130, 2-hr post-meal under 180.
Your personal targets come from your care team, not a chart.

3. Kidney Numbers (labs — usually every 3–6 months)

Only blood draws and urine tests give these. Bring this page to lab appointments and write them in.

Date	eGFR (filter)	Creatinine	Urine albumin (ACR)	Questions for doctor

WHEN TO CALL, NOT WAIT

Chest pain or pressure · trouble breathing · top number 180+ with headache or blurry vision · little or no pee for a day · sudden weight gain · a low you cannot bring up · confusion or fainting. When in doubt, call your care team or 911.

Free printable from hardy4.tech — plain-language health guides by Hardy, who lives with T2D, high blood pressure, and CKD.
More free tools at hardy4.tech/resources · Educational only — always work with your care team.