

Month:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
BP (Systolic) (120-130*-140)																																	
BP (Diastolic) (80*-85)																																	
Pulse																																	
Wt (Kg / lbs) (~BMI)																																	
Temp (C / F)																																	
K+ (3.5-5mmol/L)																																	
SCr (50-110µmol/L)(est CrCl)																																	
INR																																	
FBG (3.9-6.1mmol/L)																																	
A1C (0.038 – 0.064) (≤7%*)																																	
LDL (1'<3.2 2'<2.6mmol/L)																																	
TC / HDL (<4.0)																																	
HDL (>0.9mmol/L)																																	
TGs (<1.80mmol/L)																																	
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