



Weekly K.A.R.E. Health Journal

Use this health journal to monitor your health on a daily basis. You are your own best health advocate. Refer back to this journal as you prepare for your next doctor's visit. Note any important health trends or concerns on the K.A.R.E. Kidney Health Checklist for a Doctor's Visit. Use it as a guide for talking with your doctor about your Kidney Health.

Week of _____

My health goal for this week is _____

My Numbers

Use this chart to track your weight, blood pressure, and blood sugar (if you monitor it). At the end of the week, summarize trends in your numbers. Are you gaining or losing weight? Is your blood pressure under control or trending upward? Are you having trouble maintaining your blood sugar goal? This information will help your doctor plan your care.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Weight							
Blood pressure							
Blood sugar							

Trends for this week:

My Health This Week

Use this chart to keep notes about your health. Include symptoms, such as trouble sleeping, not enough energy for daily activities, or appetite concerns. Record swelling in your ankles, feet, legs, hands, or face. Keep track of any symptoms that worry you, such as dizziness, numbness, pain, or anxiety. Of course, if you have any severe symptoms, get medical help right away.

	Notes
Sleep	
Energy level	
Appetite	
Swelling	
Other	



My Medicine

Use this chart to help you remember to take your medicine. It is important to take all medicines as directed by your doctor or pharmacist. Keep track of any over-the-counter medicines that you take, such as Tylenol. If you have any questions or concerns about your medicines or the way they make you feel, make notes in the box at the bottom. Of course, if you have a serious reaction to a medicine, call 9-1-1.

Medicine	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<i>Questions or concerns about the medicines I take:</i>							

My Exercise

Exercise keeps your body strong and healthy. Before beginning any exercise program, be sure to check with your doctor. Work towards at least 30 minutes of exercise a day. Choose walking, swimming, bicycling, or other activities in which you move large muscle groups continuously. Low-level strengthening exercises may be beneficial. See [Self-Care for Kidney Health](#) to learn more about exercise recommendations.

	Type of Exercise	How Many Minutes	Progress Notes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			