

## Body Temperature

DATE	TIME	BODY TEMPERATURE	COMMENTS

1. Start with front page at top left

5	6	B	F
4	3	2	1

4. Fold to opposite ends.

5. Fold in half vertically.

6. Fold in half horizontally (done, enjoy!)

2. Fold in halves

3. Cut at dotted line in center

**Folding Instructions**  
 Note: All folds should be to the lines printed on the paper, and not to the actual edges of the page.

Courtesy of PocketMod.com  
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## - My HealthVet Worksheet -

The My HealthVet Wallet Worksheet is a new way to organize and monitor your health statistics. The Wallet Worksheet combines health reading templates with a unique folding style, which enable a normal piece of paper to become a booklet. You can carry the booklet around to easily enter your health readings and then transfer the readings to your online My HealthVet records at your convenience.

Week of: \_\_\_\_\_ to \_\_\_\_\_

### If lost, return to:

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

<input type="checkbox"/> Monday	
<input type="checkbox"/> Tuesday	
<input type="checkbox"/> Wednesday	
<input type="checkbox"/> Thursday	
<input type="checkbox"/> Friday	
<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday

DATE	TIME	WEIGHT	COMMENTS

### Body Weight

SUN	SAT	FRI	THU	WED	TUE	MON
BREAKFAST	LUNCH	DINNER	OTHER	COMMENTS		

### Blood Sugar

DATE	TIME	HEART RATE	COMMENTS

### Heart Rate

DATE	TIME	SYSTOLIC (top #)	DIASTOLIC (bottom #)	COMMENTS

### Blood Pressure