- My HealtheVet Worksheet -

The My HealtheVet 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 HealtheVet records at your convenience.

Week of: _____ to _____

If lost, return to:

Name:

Address:

City: State: Zip:

Phone:

Email:

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Folding Instructions

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

1. Start with front page at top left

2. Fold in halves

3. Cut at dotted line in center

4. Fold to opposite ends.

5. Fold in half vertically

6. Fold in half horizontally

done. enjoy!

Courtesy of PocketMod.com

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Blood Pressure

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

Heart Rate

DATE	TIME	HEART RATE	COMMENTS

Blood Sugar

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

Body Weight

DATE	TIME	BODY WEIGHT	COMMENTS

Body Temperature

DATE	TIME	BODY TEMPERATURE	COMMENTS