

RECORD. REVIEW. ADJUST.

Progress Trend Tracker

Choose a repeatable review interval. One entry is information; a sequence gives you something to compare.

My goal / milestone

Primary measure + unit / optional second measure + unit

Method or device / conditions I will repeat

Use the same units in each column. If using an average, record the averaging period and the number of readings. Leave optional data blank when it is not useful.

Date / period	Primary value	Second value	Context / readings / observations

Print or save another copy when the table is full. Review the pattern before changing the plan.

GIVE THE NUMBERS CONTEXT

My Trend Review

Review what happened and how consistently you followed the plan. Choose one next step you can explain.

Review period / dates being compared

What direction do the comparable measurements show?

How consistently did I follow the plan? What did I actually record?

What circumstances may help explain the pattern?

What will I keep doing?

My decision: continue, adjust one thing, or get help - and why

Next review date / what I will observe

This is a record of progress, not a diagnosis. Keep medical interpretation and changes to treatment with your healthcare professional.