

My Numbers Card

THE MEASURED PLATE

My Numbers			
	Today's result	Last time	What my doctor said
Date			
eGFR			
Stage (3a or 3b)			
Urine albumin (uACR)			
Potassium			Normal / High / Low
Phosphorus			Normal / High
Bicarbonate			
Blood pressure			My target:
A1C (if diabetic)			
Weight			

My lanes (tick what applies):

☐ Sodium lane (everyone)

☐ Potassium lane (only if my potassium is high or has been high)

☐ Phosphorus lane (only if my phosphorus is high)

My protein amount, from my doctor: _____ grams a day

My sodium limit, from my doctor: _____ mg a day

Questions for next time:

1. _____

2. _____

3. _____