**Your health is in your hands**

If you’re living with a chronic condition, it’s important to be proactive about your health. We call this having a health action plan: a list of to-dos including check-ups with your doctor and prioritising healthy habits so that you always feel your best.

**Our advice? Track everything about your chronic condition in one place**.

This record then becomes a tool that gives you a full view of your health. It’s also valuable for your healthcare team, like your doctor, to see your day-to-day health status and how you self-manage your condition.

**So, what should you track?**

Areas that you may want to track daily include your blood pressure, blood sugar or weight. It’s also important to track the medication you take, and any other treatment plans you follow. Make sure to include the amount and time of day you take your medication or treatment so that you keep consistent with this.

Track your health habits too – for example, your overall eating habits, exercise routine, sleep patterns, whether you smoke and any alcohol use. It’s especially important to do this if you make a change or are focused on one specific habit on your health action plan that your healthcare team has recommended.

Having a good understanding of how you’re feeling physically and emotionally along with a record of your chronic condition self-management actions, is one of the best things you can do to make sure your health is well managed.