



Compass

Guiding you along the way.

Tracking Notebook

My Compass

➤ **My Wallet Card**

Keep this card in your wallet for information at your fingertips.



➤ **My Magnet**

Post this magnet to keep Compass information convenient.



➤ **My Medication Card**

Write in your medications and keep this card with you.



Keep track of it all here.

Keeping track of your progress and information is important. Simply record it all here in this helpful tracking notebook.



My Cholesterol Tracker

Record and monitor your cholesterol levels so you can see changes and celebrate your wins.



My Appointments

Keep track of scheduled healthcare appointments, write down your questions, and more.



My Fat Tracker

Record and monitor the fat content of your food and drinks to help you stay on track.



My Notes

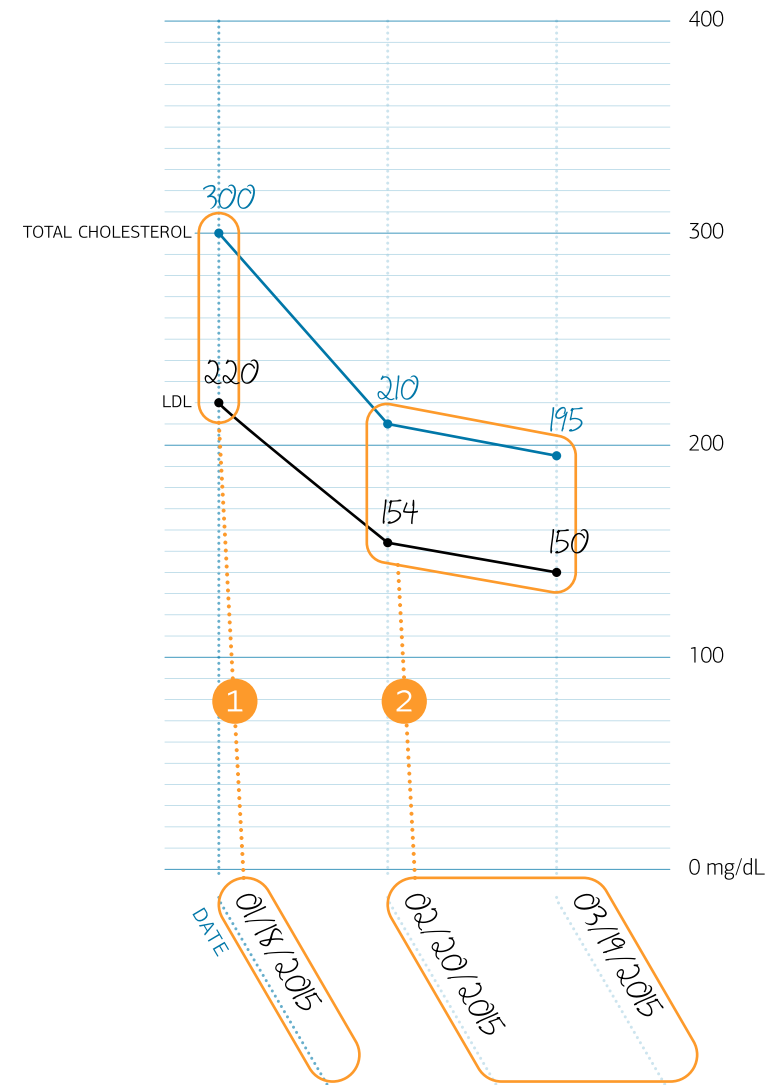
Jot down ideas from your consultations, or tips from your Compass team.

How to use the Cholesterol Tracker

You can track your progress with this Cholesterol Tracker.

- 1 First, record the date of your latest test result, and chart the total cholesterol and LDL values on the graph above.
- 2 Then every time you get a new test result enter it in the chart along with the date below. You'll be able to see how your levels change over time and how it compares to your baseline (original results).

You can also use the online Cholesterol Tracker at *CompassConnection.com*



If you have any questions about your total cholesterol or LDL values, please speak with your healthcare provider.

My Cholesterol Tracker

My Appointments

DATE	questions/notes	<input type="text"/>
TIME		<input type="text"/>
WITH WHOM		<input type="text"/>
<input type="radio"/> Doctor		<input type="text"/>
<input type="radio"/> Compass Care Manager		<input type="text"/>
<input type="radio"/> Compass Registered Dietitian		<input type="text"/>
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How to use the Fat Tracker

- 1 First write down your *Max Daily Fat* number, this is your maximum fat. Stay below this number for the day.
- 2 Next, plan your day by distributing your *Max Daily Fat* throughout your meals and snacks for each period of the day: morning, afternoon, evening.
- 3 As you eat and drink, record your meal items, the servings and most importantly, the fat grams.
- Add all the fat grams eaten during each time period and compare to your short term goals from step 2—adjust as needed to stay within your *Max Daily Fat*.
- 4 Add all the fat gram sub-totals and record the total fat grams consumed in the day.

My Fat Tracker

DATE March 8, 2015

Enter Your Max Daily Fat 40

How did yesterday go?

	FOOD ITEM	SERVING SIZE	FAT GRAMS
breakfast/ morning	Egg scrambled with Pam	1	5
	Canadian Bacon	1 ounce	2
	Bagel	1	1
	Light Cream Cheese	1 Tbsp	2.5
	Banana	1	0
	1% Milk	1 cup	2.5
	Coffee, black	6 ounces	0
lunch/ afternoon	Turkey breast	4 ounces	2
	Light mayo	1 Tbsp	4
	Tomato slice/lettuce	2	0
	Sandwich bread	2	1
	Pretzels Twists	1 oz	1
	Fruit Cocktail cup	1	0
	Diet Sprite	8 ounces	0
	Carrots w/ fat free ranch drsg	1/2 cup	0
	Low Fat Mozzarella Cheese Stick	1	2.5
dinner/ evening	95% extra lean ground beef	4 oz (raw)	6
	Cooked Pasta	1 1/2 cup	1
	Chunky spaghetti sauce	1 cup	2
	Parmesan Cheese	1 Tbsp	1.5
	Spinach Salad w fat-free dressing	2 cups	0
	Iced Tea w sugar	2 c	0
	Fresh Grapes	1 cup	0
	Snack-light raspberry yogurt	8 ounces	0

13

14

13

34

10.5

10.5

34

Am I in my MAX MEAL/SNACK FAT range?

Am I in my MAX MEAL/SNACK FAT range?

Am I in my MAX MEAL/SNACK FAT range?

Have you stayed within your MAX DAILY FAT for the day?

How can we help?

Add your total fat grams together

My Fat Tracker

Enter Your Max Daily Fat

DATE

How did yesterday go?

	FOOD ITEM	SERVING SIZE	FAT GRAMS
breakfast/ morning			
lunch/ afternoon			
dinner/ evening			

GOAL

GOAL

GOAL

TOTAL FAT GRAMS FOR MEALS & SNACKS

Am I in my MAX MEAL/SNACK FAT range?

Am I in my MAX MEAL/SNACK FAT range?

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Add your total fat grams together

Have you stayed within your MAX DAILY FAT for the day?

If NO, what could you do differently to stay within your MAX DAILY FAT?

My Fat Tracker

Enter Your Max Daily Fat ►

DATE

How did yesterday go?

☐ ☐ ☐ ☐ ☐

FOOD ITEM		SERVING SIZE	FAT GRAMS	NOTES	
breakfast/ morning				TOTAL FAT GRAMS FOR MEALS & SNACKS	
				<div>Y N</div> <div>Am I in my MAX MEAL/SNACK FAT range?</div>	
lunch/ afternoon					
				<div>Y N</div> <div>Am I in my MAX MEAL/SNACK FAT range?</div>	
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Y N

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
If **NO**, what could you do differently to stay within your **MAX DAILY FAT**?


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
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
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
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Have you stayed within your **MAX DAILY FAT** for the day?
If **no**, what could you do differently to stay within your **MAX DAILY FAT**?

My Fat Tracker

Enter Your Max Daily Fat ►

DATE

How did yesterday go?

☐ ☐ ☐ ☐ ☐

	FOOD ITEM	SERVING SIZE	FAT GRAMS		NOTES
breakfast/ morning <div>GOAL</div>				<div>TOTAL FAT GRAMS FOR MEALS & SNACKS</div> <div></div>	
				<div><div>Y N</div></div> <div>Am I in my MAX MEAL/SNACK FAT range?</div>	
lunch/ afternoon <div>GOAL</div>				<div></div> <div></div>	
				<div><div>Y N</div></div> <div>Am I in my MAX MEAL/SNACK FAT range?</div>	
dinner/ evening <div>GOAL</div>				<div></div> <div></div>	
				<div><div>Y N</div></div> <div>Am I in my MAX MEAL/SNACK FAT range?</div>	

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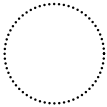
DATE

How did yesterday go?

My Fat Tracker

Enter Your Max Daily Fat ▶



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FOOD ITEM	SERVING SIZE	FAT GRAMS		NOTES
breakfast/ morning			TOTAL FAT GRAMS FOR MEALS & SNACKS	
lunch/ afternoon				
dinner/ evening				

GOAL

TOTAL FAT GRAMS FOR MEALS & SNACKS

GOAL

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GOAL

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




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My Notes

My Notes

My Notes

My Notes



Compass

Guiding you along the way.

Wallet Card (front/back)



Medication Card Card (front/back)

My Medications & Supplements

MEDICATION NAME	DOSE	FREQUENCY

MEDICATION NAME	DOSE	FREQUENCY

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Magnet



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