

FICTIONAL DATA · DEMONSTRATION ONLY

## What an exported report looks like

A real PDF export from the app, with example records.

The next three pages were exported from an isolated demo installation of Glucose and Blood Sugar Track. They contain 30 fictional glucose records, one blood pressure record and one exercise record.

All readings, dates, statistics and the configured target range belong to this demonstration. They are not personal targets, a testing schedule or medical advice.

This sample is free to download. Exporting your own PDF or CSV reports in the app requires Premium.

The exported pages are reproduced unchanged. Your report depends on the period, categories and settings you select.

Sample captured on 10 October 2026. English app interface.

[glucosetrack.app/en/blog/prepare-glucose-report/](https://glucosetrack.app/en/blog/prepare-glucose-report/)

# Glucose Track

## Personal Tracking Report

References: Blood Glucose - ADA — <https://diabetes.org/living-with-diabetes/treatment-care/checking-your-blood-sugar> · Blood Pressure - AHA — <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings> · A1C Ranges - ADA — <https://diabetes.org/about-diabetes/diagnosis> · Ketones & DKA - NHS — <https://www.nhs.uk/conditions/diabetic-ketoacidosis/> · INR - NIH MedlinePlus — <https://medlineplus.gov/lab-tests/prothrombin-time-test-and-inr-ptinr/> · Oxygen Saturation - NIH — <https://medlineplus.gov/lab-tests/pulse-oximetry/> · Temperature - NIH MedlinePlus — <https://medlineplus.gov/ency/article/001982.htm>

**Period:**

Last 30 days

**Dates:**

Sep 11 - Oct 10

### Personal Tracking Statistics

|           |        |                    |             |
|-----------|--------|--------------------|-------------|
| Average   | Range  | In Target (70-140) | Total       |
| 115 mg/dL | 64-158 | 93%                | 30 readings |

### Blood Pressure Monitoring

|             |             |              |
|-------------|-------------|--------------|
| Latest      | Average     | Measurements |
| 120/80 mmHg | 120/80 mmHg | 1            |

### Exercise Activity

|            |             |                |          |
|------------|-------------|----------------|----------|
| Total Time | Avg Session | Total Calories | Sessions |
| 37 min     | 37 min      | 221 cal        | 1        |

### Recent Readings

| Date  | Time     | Glucose | Unit  | Meal Context  | Stress  | Notes |
|-------|----------|---------|-------|---------------|---------|-------|
| 10/10 | 12:04 PM | 115     | mg/dL | Not specified | Not set | —     |
| 10/10 | 7:04 AM  | 110     | mg/dL | Not specified | Not set | —     |
| 10/10 | 1:04 AM  | 118     | mg/dL | Not specified | Not set | —     |

 **DISCLAIMER:** This is NOT a medical report. For personal tracking only. All data shown represents your personal records.

| Date  | Time     | Glucose | Unit  | Meal Context  | Stress  | Notes |
|-------|----------|---------|-------|---------------|---------|-------|
| 10/09 | 8:04 PM  | 126     | mg/dL | Not specified | Not set | —     |
| 10/09 | 2:04 PM  | 108     | mg/dL | Not specified | Not set | —     |
| 10/09 | 8:04 AM  | 115     | mg/dL | Not specified | Not set | —     |
| 10/09 | 3:04 AM  | 122     | mg/dL | Not specified | Not set | —     |
| 10/08 | 9:04 PM  | 99      | mg/dL | Not specified | Not set | —     |
| 10/08 | 4:04 PM  | 134     | mg/dL | Not specified | Not set | —     |
| 10/08 | 10:04 AM | 112     | mg/dL | Not specified | Not set | —     |
| 10/08 | 4:04 AM  | 120     | mg/dL | Not specified | Not set | —     |
| 10/07 | 11:04 PM | 105     | mg/dL | Not specified | Not set | —     |
| 10/07 | 5:04 PM  | 128     | mg/dL | Not specified | Not set | —     |
| 10/07 | 12:04 PM | 116     | mg/dL | Not specified | Not set | —     |
| 10/07 | 6:04 AM  | 109     | mg/dL | Not specified | Not set | —     |
| 10/07 | 12:04 AM | 124     | mg/dL | Not specified | Not set | —     |
| 10/06 | 7:04 PM  | 101     | mg/dL | Not specified | Not set | —     |
| 10/06 | 1:04 PM  | 113     | mg/dL | Not specified | Not set | —     |
| 10/06 | 8:04 AM  | 131     | mg/dL | Not specified | Not set | —     |
| 10/06 | 2:04 AM  | 107     | mg/dL | Not specified | Not set | —     |
| 10/05 | 8:04 PM  | 119     | mg/dL | Not specified | Not set | —     |
| 10/05 | 3:04 PM  | 123     | mg/dL | Not specified | Not set | —     |
| 10/05 | 9:04 AM  | 111     | mg/dL | Not specified | Not set | —     |

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| Date  | Time     | Glucose | Unit  | Meal Context  | Stress  | Notes |
|-------|----------|---------|-------|---------------|---------|-------|
| 10/05 | 4:04 AM  | 117     | mg/dL | Not specified | Not set | —     |
| 10/04 | 10:04 PM | 104     | mg/dL | Not specified | Not set | —     |
| 10/04 | 4:04 PM  | 127     | mg/dL | Not specified | Not set | —     |
| 10/04 | 11:04 AM | 114     | mg/dL | Not specified | Not set | —     |
| 10/04 | 5:04 AM  | 106     | mg/dL | Not specified | Not set | —     |
| 10/04 | 12:04 AM | 158     | mg/dL | Not specified | Not set | —     |
| 10/03 | 6:04 PM  | 64      | mg/dL | Not specified | Not set | —     |

## Blood Pressure Readings

| Date  | Time     | Systolic | Diastolic | HR (bpm) | Notes |
|-------|----------|----------|-----------|----------|-------|
| 10/10 | 12:04 PM | 120 mmHg | 80 mmHg   | 72       | —     |

## Exercise Log

| Date       | Time    | Duration | Activity | Intensity | Calories | Notes |
|------------|---------|----------|----------|-----------|----------|-------|
| 10/10/2026 | 8:04 AM | 37 min   | Walking  | Moderate  | 221      |       |