



**Diabetes Journal and Blood Pressure Log Book:
Monitor Blood Sugar and Blood Pressure levels in
a handy fill in the blank book. Good for those with
... with you keep a log of daily readings.**

Frances P Robinson

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Tired of writing blood sugar and blood pressure readings on scraps or sheets of paper? Can't find them when you need them? Now you can keep track of both in one organized book easy to record and find when you need it for your next doctor visit. Monitor your daily Blood Sugar and Blood Pressure readings on these easy to write in charts. Each large page allows plenty of room to record information for every day of the week. (The pages are undated so start any time of year.) There is space to monitor your blood sugar before and after each meal and before bedtime. (Only use the boxes you need to write in times appropriate for you.) For your Blood Pressure there is space to write in up to 3 readings a day; morning, noon and night. You can take the book to your next doctor appointment and update him with your detailed, vital medical information. Proper monitoring of Blood Sugar and Blood Pressure levels can assist you with your healthy living goals.

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