Blood Pressure Log

vertex42

	SBP	DBP
*Target:		

Date	Time	SBP	DBP	Notes

*Consult your doctor to determine your target blood pressure

Blood Pressure Log

vertex42

	SBP	DBP
*Target:		

Date	Time	SBP	DBP	Notes

*Consult your doctor to determine your target blood pressure

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Blood Sugar Log

Upper Level: ________

Lower Level: ________

Date	Time	Level	Notes

Blood Sugar Log

Upper Level: ________

Lower Level: ________

Date	Time	Level	Notes

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