

Blood Pressure Tracker Plus

Rogue Plus Publishing

Blood Pressure Log Book Rogue Plus

Publishing, 2018-05-15 Are you watching your blood pressure and keeping track of your readings? Our Blood Pressure Log Book can help you record results in one place. With the following benefits, you can stay on top of your blood pressure problems before they get out of control. **USEFUL & CONVENIENT** -What better way to track your blood pressure than by doing it the old-fashioned way? By writing everything down, you will find it easier to refer back and see what you did or did not do. Keep track without feeling overwhelmed. Simple and easy to use, the pages are ready and waiting to be filled with:- 2 Pager for 52 weeks- Record results up to 6 times a day, Table with: -Date -Blood Pressure Reading -Heart Rate- A section to write notes to bring to your next doctor visit- Section for additional notes such as symptoms, etc. (If your doctor changes your medication or dose) A NOTEBOOK BUILT TO LAST- We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. **WELL-CRAFTED INTERIOR**- We used only thick, white paper to avoid ink bleed-through. The columns are clearly marked to make it easy to fill out and to cross reference. **PERFECT SIZE**- With its 15.24 x 22.86 cm (6 x 9) dimensions, you can squeeze it into a purse with ease. Handy to take with you to your doctor's appointments to show your daily numbers. **COOL COVERS!**- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. Your health is important.

Being more engaged with tracking your blood pressure should improve overall BP management. Get started today and add this monitoring log to your cart!

Blood Pressure Monitor Simply Pretty Log

Books, 2020-01-03 Looking to improve your health this year? This health record tracker provides a handy way to log and monitor your vital health stats like blood pressure, weight, pulse, blood sugar plus a bonus doctor's visit log. Say so long to scrape pieces of paper scattered everywhere as this journal gives you one ideal place to document all your important health readings. Inside you'll find: 52 weekly spreads to record and track your readings Doctor's visit record list Sections to record notes Grab Your Copy Now! Find other cover designs and more trackers by simply clicking on our author name. Perfect for Personal daily tracker Individuals newly diagnosed with hypertension or diabetes Gifts for health-conscious friends and family members

Blood Pressure Log Book Always Healthy

Publishing, 2021-06-23 This log book will help you to track your blood pressure levels daily. It is user friendly and easy to fill out with very little time. Book Details * Premium matte soft cover * Perfect size 6x9 inches * 110 pages contain: Introduction page: Your contact detail, Blood type, Allergies Space to fill up essential information: Emergency contact, your Doctor's contact information, and your insurance information. Free space to write down your note Table to track blood pressure plus Pulse heart rate, Oxygen level, Weight, and space to take a short note. Get it now and let's stay healthy!

Home Monitoring Simply Pretty Log Books, 2020-01-03

Looking to improve your health this year? This health record tracker provides a handy way to log and monitor your vital health stats like blood pressure, weight, pulse,

blood sugar plus a bonus doctor's visit log. Say so long to scrape pieces of paper scattered everywhere as this journal gives you one ideal place to document all your important health readings. Inside you'll find: 52 weekly spreads to record and track your readings Doctor's visit record list Sections to record notes Grab Your Copy Now! Find other cover designs and more trackers by simply clicking on our author name. Perfect for: Personal daily tracker Individuals newly diagnosed with hypertension or diabetes Gifts for health-conscious friends and family members

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Daily Blood Pressure and Weight Tracker Journal Book

Janice T. Winfield,2020 Daily Blood Pressure and Weight Tracker Journal Book Keeps Track of Your Blood Pressure, Blood Sugar, Weight Record! This book can help when you need it for your doctor visit by daily health record from Blood Pressure and Weight Tracker Journal Book. Each daily section has plenty of note-taking space. Use this to record how you're feeling, your health goals, symptoms, pain levels, or whatever is important for you to remember. Product Details: - 105 Pages of Daily Blood Pressure Log Book Sheets Plus Weight Tracker Journal Pages and Owners Note Details for additional notes. - Perfect Size 7 x 10 inches, Ease of use and portable to go everywhere. - Premium Matte-Finish Cover Design. - Printed on High Quality, Bright White Paper Stock. Safe Record Keeping -

By using a logbook you never need to worry about a device glitch losing your data. Bring this handy notebook to your next doctor's appointment!

2020 Weekly Planner with Blood Sugar Log Cute Weekly Planners Plus, 2019-12-23 This 2020 Weekly Planner with Blood Pressure Log is a great way to quickly and easily organize your life and monitor your Blood Sugar week by week. The left side of the spread contains a Week-to-a-Page dated at-a-glance planner page with space for priorities and to do list. The right side of the spread contains a blank Blood Sugar Tracking Log Sheet to help you easily track your sugar levels throughout the day. Also includes additional space for notes for each day (great for jotting down meals, carbs, fat, etc.) Planner start date is 16 December 2019. End date is 31 January 2021. Blood Log Sheet Features: Monday to Sunday tracking (week per page) Breakfast (before & after) Lunch (before & after) Dinner (before & after) Bedtime (before & after) Notes area for each day Reliable standards Book industry perfect binding (the same standard binding as the books in your local library). Tough Matte Full-color SOFT cover. Crisp white paper, with quality that minimizes ink bleed-through. The book is great for either pen or pencil users.

Glucose Monitoring Log Rogue Plus Publishing, 2018-04-10 Diabetes is a manageable disease - if managed well. Diabetes and data go hand in hand, and without data it's hard to know what to change or where to focus. A blood sugar log helps diabetics do just that. We have designed our log book to be: USEFUL & CONVENIENT -What better way to keep record of two of your most vital signs, blood sugar and blood pressure than by doing it the old-fashioned way? By writing everything down, you will find it easier to refer back and see what you did or did not do. Keep track without feeling overwhelmed.

Simple and easy to use, the pages are ready and waiting to be filled with: Before And After Blood Sugar Readings Sections For - Breakfast - Lunch - Dinner - Snacks - Bedtime A NOTEBOOK BUILT TO LAST- We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. WELL-CRAFTED INTERIOR- With 104 pages, we used only thick, white paper to avoid ink bleed-through. The columns are clearly marked to make it easy to fill out and to cross reference. PERFECT SIZE- With its 15.24 x 22.86 cm (6 x 9) dimensions, you can squeeze it into a purse with ease. Lightweight and durable, it's the perfect companion no matter how far or close, or wherever your trip will be. COOL COVERS!- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. While it takes effort and a little discipline to keep a diabetes logbook, once started, it quickly becomes a habit. Becoming more engaged with your diabetes should improve overall diabetes management. Get started today and add this monitoring log to your cart!

Blood Pressure Log Book Always Healthy Publishing, 2021-06-24 This log book will help you to track your blood pressure levels daily. It is user friendly and easy to fill out with very little time. Book Details * Premium matte soft cover * Perfect size 6x9 inches * 110 pages contain: Introduction page: Your contact detail, Blood type, Allergies Space to fill up essential information: Emergency contact, your Doctor's contact information, and your insurance information. Free space to write down your note

Table to track blood pressure plus Pulse heart rate, Oxygen level, Weight, and space to take a short note. Get it now and let's stay healthy!

Glucose Monitoring Log Rogue Plus

Publishing, 2018-04-10 Diabetes is a manageable disease - if managed well. Diabetes and data go hand in hand, and without data it's hard to know what to change or where to focus. A blood sugar log helps diabetics do just that. We have designed our log book to be: **USEFUL & CONVENIENT** -What better way to keep record of two of your most vital signs, blood sugar and blood pressure than by doing it the old-fashioned way? By writing everything down, you will find it easier to refer back and see what you did or did not do. Keep track without feeling overwhelmed. Simple and easy to use, the pages are ready and waiting to be filled with: Before And After Blood Sugar Readings Sections For - Breakfast - Lunch - Dinner - Snacks - Bedtime A **NOTEBOOK BUILT TO LAST**- We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. **WELL-CRAFTED INTERIOR**- With 104 pages, we used only thick, white paper to avoid ink bleed-through. The columns are clearly marked to make it easy to fill out and to cross reference. **PERFECT SIZE**- With its 15.24 x 22.86 cm (6 x 9) dimensions, you can squeeze it into a purse with ease. Lightweight and durable, it's the perfect companion no matter how far or close, or wherever your trip will be. **COOL COVERS!**- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with

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blood pressure medication information and keep track of side effects and dosage updates A nice five-minute garden meditation script to help you relax. Meditation is an excellent way to reduce stress and lower blood pressure. With this book you are taking a great step towards achieving your health goals! Congratulations in advance, and thank you for letting Allerton's be part of your success.

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