



Blood Pressure Log Book: Keep Track of Blood Pressure

Frances P Robinson

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Blood Pressure Log Book: Keep Track of Blood Pressure Frances P Robinson

Do you have to watch your blood pressure and keep track of your readings? If so, the Blood Pressure Log Book will help you save results all in one place for easy viewing. -Large 8 x 10 pages. (plenty room to write - easy to read) -Record results up to 3 times a day -Specially designed table just for blood pressure readings - Place to write notes to bring to your next doctor visit. In this Blood Pressure Log book the table will allow you to record the following: -Date -Blood Pressure Reading -Heart Rate -Section for additional notes such as symptoms, etc. (If your doctor changes your medication or dose this is a good place to record it) Your health is important. The Blood Pressure Log Book can help you to stay on top of blood pressure problems before they get out of control.

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