



Blood Sugar Log Sheet: Keep Record of Blood Sugar

Frances P Robinson

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The Blood Sugar Log Sheets in this book provides enough space to monitor your blood sugar up to 4 times a day (before and after meals) for one full year. Keep all of your results in one place. Take and show to the doctor. (No more worries about forgetting the details.) (BONUS SECTION!) BLOOD PRESSURE CHART
A bonus section in the back of the book allows for you to record your blood pressure readings. Enter the date, time, high and low reading and any comments. A great way to keep record of two of your most vital signs. Large 11" x 8.5" pages, plenty room to write and easy to read!

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