

## Blood Pressure Log

Blood Pressure Log Book (104 Pages, Charts, 20 Months)Blood Pressure Log Book/BP Recording Book (104 Pages)Blood Pressure Log SheetsBlood Pressure Log BookletBlood Sugar Blood Pressure Log Book Monitor Your HealthBlood Pressure LogBlood Pressure Monitor LogBlood Pressure Log BookBlood Pressure Log BookBlood Pressure Log BookBlood Pressure Log Book/Blood Pressure Record Book: Health Monitor Tracking Blood Pressure, Weight, Heart Rate, Daily Activity, Notes (Dose of the DruBlood Pressure LogEssential Manual of 24 Hour Blood Pressure ManagementBlood Pressure Blood Sugar 2 Years Log Tracker RecordBlood Pressure Log BookBlood Pressure LogBlood Pressure LogBlood Pressure Log BookBlood Pressure Log TrackerBlood Pressure Log BookBlood Pressure Log BookBlood Pressure LogBlood Pressure Log BookBlood Pressure Log BookBlood Pressure LogBookHome Blood Pressure MonitoringBlood Pressure LogBlood Sugar and Blood Pressure Log BookBlood Pressure Log BookBlood Pressure LogBookBlood Pressure Log BookBlood Pressure Log BookBlood Pressure Log NotebookBlood Pressure Log RecordBlood Pressure Log BookBlood Pressure Log Book

## Blood Pressure Log Book (104 Pages, Charts, 20 Months)

Hypertension remains a leading cause of disability

and death worldwide. Self-monitoring of blood pressure by patients at home is currently recommended as a valuable tool for the diagnosis and management of hypertension. Unfortunately, in clinical practice, home blood pressure monitoring is often inadequately implemented, mostly due to the use of inaccurate devices and inappropriate methodologies. Thus, the potential of the method to improve the management of hypertension and cardiovascular disease prevention has not yet been exhausted. This volume presents the available evidence on home blood pressure monitoring, discusses its strengths and limitations, and presents strategies for its optimal implementation in clinical practice. Written by distinguished international experts, it offers a complete source of information and guide for practitioners and researchers dealing with the management of hypertension.

### **Blood Pressure Log Book/BP Recording Book (104 Pages)**

### **Blood Pressure Log Sheets**

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

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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 Log Booklet**

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This log book is great support for diabetics and for anyone diagnosed with high blood pressure Features: great for people requiring closer monitoring and individuals with risk factors of HBP it records reading for pregnant woman experiencing pregnancy induced hypertension or preeclampsia record what your blood pressure and blood sugar level 4 times a day room to record information for every day of the week If you would like to see a sample of the notebook, click on the "Look Inside" feature. About this notebook: Soft, laminated paperback cover Dimensions: 6" x 9" 15.24 x 22.86 cm) Interior: White Paper, Lined Pages: 110 or 55 sheets (107 Weeks ) Acid Free Paper Great size to carry everywhere in your bag, backpack for work, office and home Perfect for gel pen, ink or pencils

### **Blood Sugar Blood Pressure Log Book Monitor Your Health**

Blood Pressure notebook gift for Birthdays or New Year's. Anniversary, vacations. Blood pressure log book for you to record the dates and a daily weigh in, and ends with more space for additional notes, trends, fitness or health goals, Observations or questions for your doctor. The beginning of this journal also has space for you to record your medications, so that you will have all this key info handy at each doctor's appointment. Perfect Sized 6" x 9" Paper White paper Pages 120 pages (60 pages forward / backward) Cover: Soft cover (matte)

### **Blood Pressure Log**

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Monitor your own or your loved one's heart pressure and pulse in this easy to use tracker log. A template of 120 pages to track blood pressure in the AM and PM along with Pulse and an extra spot for notes. The tracker also includes Systolic and Diastolic tracking along with Hypertension scores. A great gift for someone trying to keep their health on track.

### **Blood Pressure Monitor Log**

Daily Personal Record and Monitor Tracking Numbers About Heart Beats Diastolic Pressure, Systolic Pressure, Heart Rate (Pulse), and Notes. This blood pressure journal or blood pressure log book has two years worth of charts with 4 spaces a day for you to log your blood pressure, heart rate, and notes. Each week starts with a spot for you to record the dates and a weekly weigh in, and ends with more space for additional notes, trends, fitness or health goals, or questions for your doctor. The beginning of this journal has space for you to record your medications, so that you will have all this key info handy at each doctor's appointment. This bp journal also include handy charts to help you interpret your blood pressure readings and heart rate readings so that you can see if you are in a healthy range or not. Small enough to put in a purse, but large enough to easily record your info, this is perfect for keeping track of your heart health and makes a great gift to a loved one who needs to keep track of this info. Your doctor will thank you for bringing this with you to each appointment, and will be better able to help you manage your health and blood pressure! This blood

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pressure log is book with table to record - Date / Time / Blood pressure reading Systolic & Diastolic / Heart Rate (Pulse) / weight / Temperature /Notes etc. Blood Pressure Chart by age. Pocket Size 6 x 9 Inches, 120 Pages. For 2 year (104 Weeks). It's a great size to throw in your purse or bag! If you or someone you know is at risk for high and low blood pressure, use this Blood Pressure log book daily record to keep track. The Blood Pressure Log Book can help you to stay on top of blood pressure problems before they get out of control. Scroll up today and get yours

### **Blood Pressure Log Book**

We are please to introduce our new 5 years blood pressure log book. Monitor your blood pressure and heart rate readings throughout the day with this well designed and easy to use Health Record Book. It helps to record what your blood pressure is at that moment. You can keep it at home or take it with you on your visit to the doctor for a better tracking of your health condition and for a better diagnosis. This book is suitable for wide variety of people. Here are some of the features you will enjoy in this unique log book:

- ◆ Each page includes one month of entries across 120 pages of readings to record up to 5 years of tracking
- ◆ record what your blood pressure is at that moment
- ◆ It provide additional support for anyone diagnosed with high blood pressure
- ◆ Everyday use for individuals starting high blood pressure treatment to keep track
- ◆ Keep your Records Safe and All in one Place in this Handy Log Book
- ◆ Blood Pressure Chart to know where your readings are
- ◆ Record date, time,

Systolic/Diastolic, pulse, and notes ♦ Beautiful Top Quality Paper inside the Log Book Book details : 8.5\*11 Log book for monitoring blood pressure and heart rate Page Count: 120 pages amazing design with Matte cover. Useful tables for interpretation of your results Get started today and use this notebook to overcome your blood pressure problems! If you find our book/notebook useful or you like them, please leave your review. Your insights are valuable and will help us improve our products!

### **Blood Pressure Log Book**

Blood pressure log book for your daily measurements (attractive cover)! Click LOOK INSIDE! Tables to record: date/time/systolic and diastolic blood pressure/heart rate (pulse)/daily activity/weight/ notes (e.g. dose of the drug). Perfect size (8 x 10 in) with enough writing space to jot down all the important information (20 months of measurements). Useful instructions for accurate blood pressure measurement. Large font size! 104 Pages, paperback matte cover. Useful tables for interpretation of your results! After each month mark average daily systolic and diastolic BP on the graph (included in the log book). It will help your doctor assess the effectiveness of therapy. Get started today and use this log book to overcome your blood pressure problems! If you found our books/notebooks useful or you like them, please leave your review. Your insights are valuable and will help us to improve our products. If you have any questions or comments concerning our products visit also our Facebook page: [http:](http://)

[//bit.ly/FB\\_PerfectEvnotes](http://bit.ly/FB_PerfectEvnotes)

## **Blood Pressure Log Book**

Organize your life when you need to monitor your blood pressure. Perfect for tracking blood pressure levels. Pages designed for convenient writing. Keep all information in one place. This will make it easier to find them. A great gift for people who need to check and record blood pressure. Specifications: Cover Finish: Matte Dimensions: 6" x 9" (15.24 x 22.86 cm) Interior: special template for easy savings, White Paper Pages: 110

## **Blood Pressure Log Book/Blood Pressure Record Book: Health Monitor Tracking Blood Pressure, Weight, Heart Rate, Daily Activity, Notes (Dose of the Dru**

Blood pressure log book for your daily measurements (attractive cover)! Click LOOK INSIDE! Tables to record date/time/systolic and diastolic blood pressure/heart rate (pulse)/daily activity/weight/ notes (e.g. dose of the drug). Perfect size (8 x 10 in) with enough writing space to jot down all the important information (20 months of measurements). Useful instructions for accurate blood pressure measurement. Large font size! 104 Pages, paperback matte cover. Useful tables for interpretation of your results! After each month mark average daily systolic and diastolic BP on the graph (included in the log book). It will help your doctor assess the effectiveness of therapy. Get started today and use this log book to



overcome your blood pressure problems! If you found our books/notebooks useful or you like them, please leave your review. Your insights are valuable and will help us to improve our products.

### **Blood Pressure Log**

Blood Pressure Log: Daily Record Book To Monitor & Track Blood Pressure Journal This Blood Pressure Log Book is a great way to keep your blood pressure readings all in one place. This is a simple notebook, and easy to use. Each page has a space or section to write: Date & Time Weight Temperature Blood Pressure Reading You can use each of the chart boxes for your readings or use the bottom boxes for any notes you may want to record such as heart rate, blood sugar, systolic (top numbers), diastolic (bottom numbers), pulse, or any other additional info. You can use it every day or every week or month & will help you stay on top of any problems with blood pressure that you may be having. Small, convenient size will come in handy for keeping in your purse and take with you to the doctor. If you suffer from high blood pressure, a tracker is a must. Can record results for several weeks or even a year. Will also make a great gift for anyone monitoring & tracking their blood pressure. Size is 6x9 inches, 102 pages, soft matte finish cover, paperback. Get one today!

### **Essential Manual of 24 Hour Blood Pressure Management**

Blood pressure log book for your daily measurements

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(attractive cover)! Click LOOK INSIDE! Tables to record: date/time/systolic and diastolic blood pressure/heart rate (pulse)/daily activity/weight/ notes (e.g. dose of the drug). Perfect size (8 x 10 in) with enough writing space to jot down all the important information (20 months of measurements). Useful instructions for accurate blood pressure measurement. Large font size! 104 Pages, paperback matte cover. Useful tables for interpretation of your results! After each month mark average daily systolic and diastolic BP on the graph (included in the log book). It will help your doctor assess the effectiveness of therapy. Get started today and use this log book to overcome your blood pressure problems! If you found our books/notebooks useful or you like them, please leave your review. Your insights are valuable and will help us to improve our products. If you have any questions or comments concerning our products visit also our Facebook page: [http://bit.ly/FB\\_PerfectEvnotes](http://bit.ly/FB_PerfectEvnotes)

### **Blood Pressure Blood Sugar 2 Years Log Tracker Record**

Blood Pressure Journal for Record Your Daily Blood Pressure. The monitoring of Blood Pressure levels can assist you with your healthy living goals, Pocket Size Fast and Easy for you Record. (A24) 53 Weeks Monday to Sunday. 4 Readings a Day with Time. With Blood Pressure Stages. Track Blood Pressure, Heart Rate, Weight. Perfectly sized at 6"x9" White Papers. Handy to take with you to your doctors appointments to show your daily numbers. Order today!

### **Blood Pressure Log Book**

Limited Time Offer - only \$7.49 Blood Pressure Log Book / 130 Pages / blood pressure log / blood pressure notebook / blood pressure journal / blood pressure chart This Blood Pressure Log Book contains 130 of pages to monitor tracking your blood pressure and take notes. Printed on high quality stock and sized at 8.5" x 11," it is perfect for both travel and fitting on your bedside table. The Book Contains: + Blood Pressure record page + Blood Pressure Chart + Full Page Note Area + Premium matte cover design + Printed on high quality + Modern and trendy layout + 130 pages for blood pressure tracking and note + Perfectly Large sized at 8.5" x 11" Paperback + It's a perfect gift for family and friends + Perfect for both travel and fitting right on your bedside table.

### **Blood Pressure Log**

One Year Blood Pressure Log Book Track your blood pressure throughout the day with this simple log book. Weeks are spread across two pages for easy comparison of fluctuations. The days of the week are pre-labeled with four tracking space for each day (2x am, 2x pm). There's also room for daily, as well as weekly notes. This will allow you to write additional information related to the food you're eating, how you're feeling, and any weight changes. Features: One year (52-week) log Two-page weekly spreads Simple format Log fields: Week starting date Time of log Blood pressure (Systolic & Diastolic) Heart rate (pulse) Daily notes Weekly notes Take advantage of

the PROMOTIONAL OFFER today!

### **Blood Pressure Log**

Daily Personal Record and Monitor Tracking Numbers About Heart Beats Diastolic Pressure, Systolic Pressure, Heart Rate (Pulse), Weight, Temperature, Notes Spiral Bound For 53 Weeks. With Blood Pressure Chart Sheets Details Blood pressure log for your daily measurements. You can use this blood pressure log book send it directly to your doctor. This blood pressure log is a spiral bound book with table to record - Date / Time / Blood pressure reading Systolic & Diastolic / Heart Rate (Pulse) / weight / Temperature / Notes etc. Blood Pressure Chart by age. Pocket Size 6 x 9 Inches, 120 Pages. For 1 year (53 Weeks). It's a great size to throw in your purse or bag! If you or someone you know is at risk for high and low blood pressure, use this Blood Pressure log book daily record to keep track. The Blood Pressure Log Book can help you to stay on top of blood pressure problems before they get out of control.

### **Blood Pressure Log Book**

This Blood Pressure Log is a great way to record your blood pressure with pre-made tables that simplifies this task. This Blood Pressure journal contains 4 months of pages to track your blood pressure. This Blood Pressure Log includes tables to record blood pressure readings, pulse rate, date and time. You can use this blood pressure log book send it directly to your doctor. This Blood Pressure Log Book can help

you to stay on top of blood pressure problems before they get out of control.

### **Blood Pressure Log Tracker**

Blood Pressure Log: Track your results daily 6" x 9" notebook with 120 pages to record blood pressure twice a day. Check Hypertension levels and be aware of warning signs.

### **Blood Pressure Log Book**

Blood Pressure Log Book Pulse Record & Monitor Blood Pressure at Home. Record Up to 4 Readings Per Day for 1 Full Year. Keeps Track of Blood Pressure and Pulse, with Space for Notes. Keep a daily record of your blood pressure, pulse, and notes all in one place with this compact Blood Pressure Record Book. You can use this blood pressure log book send it directly to your doctor. Purchase today as a gift for yourself or your loved one!

### **Blood Pressure Log Book**

Do you have to watch your blood pressure and keep track of your readings? If so, the Blood Pressure Log will help you save over a year of 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, the tables will allow you to record the following: -Date

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-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 can help you to stay on top of blood pressure problems before they get out of control.

### **Blood Pressure Log**

Record your daily blood pressure and heart rate readings in this handy log book. Take it to your doctor on your next visit so that he/she can easily diagnose your condition and monitor your progress. Purchase today as a gift for yourself or your loved one. Book Details: - 6x9 Log book for monitoring blood pressure and heart rate - Includes a blood pressure category chart - 100 page count - Paperback cover

### **Blood Pressure Log Book**

This "blood sugar and blood pressure log book" is a book for you can keep track of both in one organized book easy to record and find when you need it for your doctor visit. Each large page allows plenty of room to record information for every day of the week. The monitoring of Blood Sugar and Blood Pressure levels and Medicines for Diabetes / Hypertension, You can assist you with your healthy living goals. Interior Details: + Standard White Paper + Size 6x9 Inches 120 Pages Including Blood Sugar Chart and Blood Pressure Chart + Worksheets Exterior Details: + Unique Matte Cover + Perfect Bound + Size 6x9 Inches + Printed locally in the U.S. on beautiful super

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smooth, bright white Grab this book for yourself or a friend today!

### **Blood Pressure Log**

You can keep history safely in one place allowing you and your health professionals easy and safe access. It's a compact 6x9 inches so you can easily take it with you wherever you are. This dairy allows for monitoring your blood pressure 4 times a day and can be started at any time of the year. Each day also has a 'notes' section allowing you to record other details eg meals eaten, exercise etc

**Product Features:**  
Practical Size - Our 6 x 9 inch allowing you to take it anywhere. BP Records - You can track your results 4 times a day, 7 days a week. It includes a space for heart rate and a section under each day for all your notes. Undated format allows you to start at any time and track your progress. Safe Record-Keeping - By using a logbook you never need to worry about a device glitch losing your data. You can use this blood pressure logbook send it directly to your doctor. The Blood Pressure Log Book can help you to stay on top of blood pressure problems before they get out of control. Product Details: Premium Matte. Finish cover design  
120 Pages of Daily Blood Pressure Log Book Sheets Plus Owners

### **Blood Pressure Log Book**

Record your daily blood pressure and heart rate readings at home and log them in this handy easy to read log book. Take it to your doctor on your next visit

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so that he/she can easily diagnose your condition and monitor your progress. Book Details: Record your daily blood pressure and heart rate. Includes a blood pressure chart by age. Each page, there are 9 columns for filling the date, time, blood pressure #1 (systolic, diastolic, pulse), blood pressure #2 (systolic, diastolic, pulse) and notes. And there are 22 blank rows each page for fill in each day freely. Portable Sized 6x9 inches, 120 Pages. Paperback cover This would make a great gift for your friends and family. Buy Today!

### **Blood Pressure Log Book**

It is well known that cardiovascular events occur more frequently in the morning as blood pressure (BP) levels have been shown to increase during the period from night to early morning. In recent years, clinical research using ambulatory blood pressure monitoring (ABPM) or home BP monitoring has clarified that morning BP and BP surge are more closely related to the cardiovascular risk than clinical BP. This practical manual from field leading expert, Dr. Kazuomi Kario, reviews recent evidence on morning and nocturnal hypertension and the IT technologies physicians can use to support patients in home monitoring BP. Guidance on management via antihypertensive drugs is also discussed and with the aim of promoting perfect 24 hour BP control.

### **Blood Pressure Log**

Daily Personal Record and Monitor Tracking Numbers



## Bookmark File PDF Blood Pressure Log

About Heart Beats Diastolic Pressure, Systolic Pressure, Heart Rate (Pulse), Weight, Temperature, Notes Spiral Bound For 53 Weeks. With Blood Pressure Chart Sheets Details Blood pressure log for your daily measurements. You can use this blood pressure log book send it directly to your doctor. This blood pressure log is a spiral bound book with table to record - Date / Time / Blood pressure reading Systolic Diastolic / Heart Rate (Pulse) / weight / Temperature /Notes etc. Blood Pressure Chart by age. Pocket Size 6 x 9 Inches, 104 Pages. For 1 year (53 Weeks). It's a great size to throw in your purse or bag! If you or someone you know is at risk for high and low blood pressure, use this Blood Pressure log book daily record to keep track. 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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Blood Pressure Journal for Record Your Daily Blood Pressure. The monitoring of Blood Pressure levels can assist you with your healthy living goals, Pocket Size Fast and Easy for you Record. (A24) 53 Weeks Monday to Sunday. 4 Readings a Day with Time. With Blood Pressure Stages. Track Blood Pressure, Heart Rate, Weight. Perfectly sized at 6"x9" White Papers. Handy to take with you to your doctors appointments to show your daily numbers. Order today!

### **Blood Pressure Log**

This Blood Pressure Book. Blood pressure log for your

daily measurements. You can use this blood pressure log book send it directly to your doctor. The Blood Pressure Log Book can help you to stay on top of blood pressure problems before they get out of control. Size 6 x 9 Inch, 100 Pages.

### **Blood Pressure Log Book**

What is blood pressure? Blood pressure is the force of your blood against your artery walls. When you have your blood pressure checked the reading has two numbers; one on top and one on bottom. Track Your Blood Pressure! Your Doctor Will Love It! As a nurse and to help my hubby, I made this blood pressure logbook for my hubby. He had been keeping his measurements in a ratty old notebook, but this made it so much easier for him. He is now more consistent in recording and tracking his measurements, and just takes the log book with him to his doctor appointments. keeps it all in one spot! His doctor loves it! Normal blood pressure would be a reading of 120/80 or lower. High blood pressure would be a reading of 140/90 or higher. If you have high blood pressure you are at a greater risk of a stroke or heart and kidney disease. Many things can cause high blood pressure including physical inactivity, tobacco and alcohol use, stress and your diet. These are only a few things. Certain medical conditions and medications can also cause high blood pressure. You should be receiving regular blood pressure checks at your regular doctor visits. If you want to check it you can and included in this BP log: you can track your date, weight, temperature and Blood Pressure! This 6X9

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inch with 102 page journal is perfect for any purse or backpack! Makes a Great Gift Under 10 for: anyone with BP issues Medical Information Doctor Appointments Nurses Long Term Care Residents Hypertension diagnosis doctor's office doctor's orders Medications for Blood Pressure

### **Home Blood Pressure Monitoring**

You want to keep track of your blood pressure readings easily This Blood Pressure Log Book will help you to record results in one place, with all the required information for your doctor Features First page with information about blood pressure readings and levels Second page with personal information, medication and emergency contacts 110 pages to keep track of your readings Perfect Size (6" x 9") or 15.24 x 22.86 cm, you can squeeze it into a purse easily Beautifully designed cover: we created several cover designs for you to choose from

### **Blood Pressure Log**

Do you need to track your blood pressure readings daily? If so, check out this awesome dated blood pressure log book to help you track your systolic and diastolic blood pressure readings and pulse and help you analyze and improve your health. You will get these features: dated blood pressure log book to write down your blood pressure & heart rate monitor readings in the morning and the evening; notes area to put some comments or additional information; simple blood pressure chart to better understand your

monitor readings; compact size 6 x 9 in (15.24 x 22.86 cm) to carry your log book around easily; 100 pages; matte cover; white paper. Grab this excellent Blood Pressure Log Book right now and stay healthy!

### **Blood Sugar and Blood Pressure Log Book**

### **Blood Pressure Log Book**

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

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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!

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log your blood pressure, heart rate, and notes. Each week starts with a spot for you to record the dates and a weekly weigh in, and ends with more space for additional notes, trends, fitness or health goals, or questions for your doctor. The beginning of this journal has space for you to record your medications, so that you will have all this key info handy at each doctor's appointment. This bp journal also include handy charts to help you interpret your blood pressure readings and heart rate readings so that you can see if you are in a healthy range or not. Small enough to put in a purse, but large enough to easily record your info, this is perfect for keeping track of your heart health and makes a great gift to a loved one who needs to keep track of this info. Your doctor will thank you for bringing this with you to each appointment, and will be better able to help you manage your health and blood pressure! This blood pressure log is book with table to record - Date / Time / Blood pressure reading Systolic & Diastolic / Heart Rate (Pulse) / weight / Temperature /Notes etc. Blood Pressure Chart by age. Pocket Size 6 x 9 Inches, 120 Pages. For 2 year (104 Weeks). It's a great size to throw in your purse or bag! If you or someone you know is at risk for high and low blood pressure, use this Blood Pressure log book daily record to keep track. The Blood Pressure Log Book can help you to stay on top of blood pressure problems before they get out of control. Scroll up today and get yours

### **Blood Pressure Log Notebook**

This Blood Pressure Record Book will help you Keep a

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daily record of your blood pressure, heart rate, Comments and notes, it has 52 weeks worth of charts with 4 spaces a day for you to log your blood pressure, heart rate, and Comments. Features: Fill in Year, Month and Week 6x9 Inches Take Up to 4 Daily Readings Monday To Sunday 52 Weeks Includes Space For daily Comments and weekly Notes.

### **Blood Pressure Log Record**

120 pages keeps very thorough logs in this Blood Sugar and Blood Pressure log book. Includes sections for Breakfast, Lunch, Dinner and Bedtime, Before and After each meal. This Diabetes Journal and Blood Pressure Log Book is a perfect addition for any note taker, health care professional, nurse, or for any assistant or family member to easily write down daily numbers in. Each time you open the book, the first page will greet with our favorite motivational quote about health. Book Details: Date Week Monday - Sunday Blood Sugar Blood Pressure Breakfast Lunch Dinner Bedtime Before/After Size 8.5x11 Inches 120 Pages Paperback cover

### **Blood Pressure Log Book**

Watch your blood pressure and track your readings with our blood pressure log book. Use this Blood pressure log for your daily measurements and you can send it directly to your doctor when necessary. PRODUCT DETAILS: Pocket size 6 x 9 Inches can be easily put in your purse or bag! Records - Date / Time / Blood pressure reading Systolic &

Diastolic / Heart Rate (Pulse) / Medication Taken, special circumstances etc.

### **Blood Pressure Log Book**

This 6x9 inch blood pressure journal / blood pressure log book has 53 weeks worth of charts with 4 spaces a day for you to log your blood pressure, heart rate, and notes. Product Features: Practical Size - Our 6 x 9 inch allowing you to take it anywhere. BP Records - You can track your results 4 times a day, 7 days a week. It includes a space for heart rate and a section under each day for all your notes. Undated format allows you to start at any time and track your progress for 1 years. Safe Record Keeping - By using a logbook you never need to worry about a device glitch losing your data.



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