



Blood Sugar Log: Keep Record of Blood Sugar

Frances P Robinson

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BLOOD SUGAR CHART This Blood Sugar Log contains enough space to monitor your blood sugar up to 4 times a day (before and after meals and bedtime) 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. The Blood Sugar Log is a great way to keep record of two of your most vital signs, blood sugar and blood pressure. This large 8.5" x 11" book has plenty room to write plus its easy to read!

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Playing with family in the park, coming to see the water world or hanging out with close friends is thing that usually you might have done when you have spare time, after that why you don't try point that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Blood Sugar Log: Keep Record of Blood Sugar, you could enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't have it, oh come on its called reading friends.

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