



Diabetes Journal Log Book: Keep a Journal of Blood Sugar in this Diabetes Journal Log Book. Includes Bonus Blood Pressure Chart

Frances P Robinson

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The Diabetes Journal Log Book contains enough space to monitor your blood sugar up to 4 times a day (before and after meals, before bedtime and other readings) 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 Diabetes Journal Log Book 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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