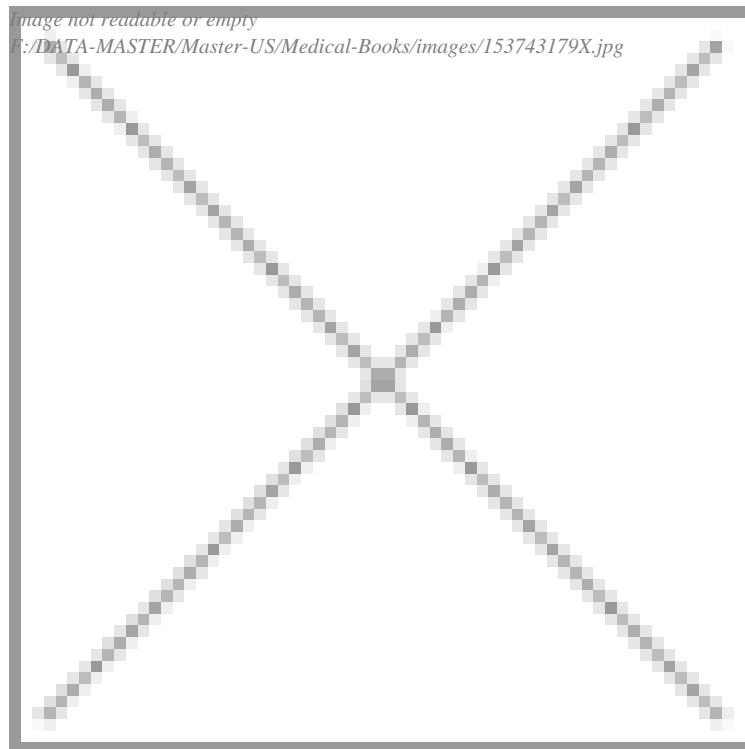


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before purchasing it in order to gage whether or not it would be worth my time, and all praised Blood Pressure Log Form: Portable 6in x 9in Blood Pressure Log, Daily Monday To Sun Readings For 53 Weeks. Undated Notebook With Daily Notes. 4 Readings A day For Time And BP (Fitness):

4 of 4 people found the following review helpful. Very handy way to organize blood pressure readings to show my doctorBy MJPI looked at several and picked this one for the handy features inside and the pretty cover (that isn't too obvious about what it is--it is discreet). I like all the space for 4 readings every day, plus space for notes, and the time. I have to take my blood pressure at least twice a day right now, and this little book is quite handy and well laid out. If I wanted to, I could easily fit 2 readings in each of the 4 boxes for each day (not that I need to take that many readings in a day, but this little book is very versatile). I like having the year and date range at the top of every page, and on the page they have printed the day of the week--Monday thru Sunday. I then add the date for each. Then I can quickly see how my numbers are. I plan of taking this with me to the doctor's office.0 of 0 people found the following review

helpful. A gift!! Helping managing HealthCare at home between appointments!By mgpA gift as it was needed "now!"
Cuff keeps some record but book is back-up more comprehensive for her many Dr visits.0 of 0 people found the
following review helpful. My Mom loves it. So does her doctor.By STMy Mom loves it. So does her doctor.

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