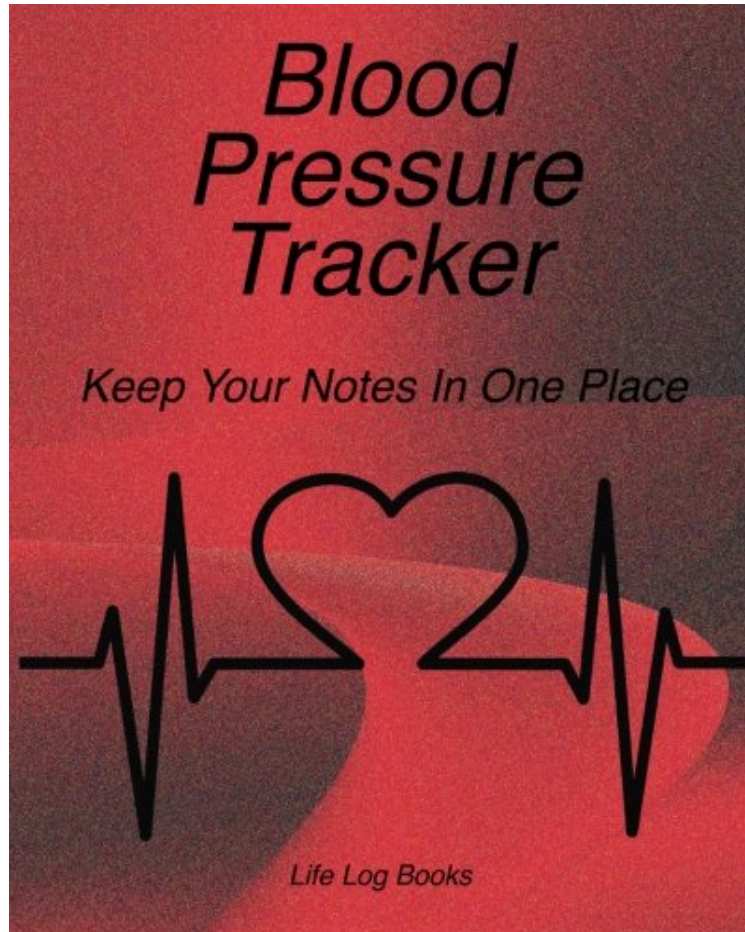


## Blood Pressure Tracker

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With the Blood Pressure Tracker as a daily companion, you can easily keep track of your blood pressure all in one place. It is simple to record the date and time, your systolic and diastolic rates, and your pulse. There is also a section to note any reactions, or jot down something you might want to tell your doctor And donrsquo;t forget to personalize the book with your information. This useful journal is great for people who want to track their daily blood pressure readings throughout the year. Have fun getting to know yourself better by tracking your blood pressure and how you feel with this great book.

About the AuthorLife Log Books is dedicated to providing people with practical tools they can use to help keep track of important things and events in life. These books started with the dream of helping people to get to know themselves in a deep way. With love and compassion we present these books to you.