



## My Blood Pressure Chart

By Catherine Coulter

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 7.8in. x 5.1in. x 0.1in. Need to keep track of your blood pressure Let My Blood Pressure Chart help you. There are just over two months of daily charts to help do just that. The charts contain a place for: dates, times, and a column for the emotions you are feeling. Perhaps you need to keep track of your food intake, add reminder, or even add a note of encouragement. There is a place for that as well. It is small enough for you to carry with you throughout your day but the charts are easy to read and use. This simple book is just what you need to take with you on doctors visits. This item ships from La Vergne, TN. Paperback.



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