



Diabetes Journal Log: Journal Log for diabetics to monitor Blood Sugar Levels several times daily. Take charge of diabetes and blood pressure health.

Vicki R Ricks

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The Diabetes Journal Log helps you monitor your blood sugar levels at least 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 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! Grab a copy today and take charge of your health now!

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