

TRACK YOUR READINGS

SAMPLE READING

DATE:

4-12-16

AM



PM



THINGS TO REMEMBER

1. Visit your physician regularly
2. Take your medication as prescribed
3. Monitor at home, morning and night
4. Make small lifestyle changes

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WEEK 1

1.	DATE:	AM		PM	
2.	DATE:	AM		PM	
3.	DATE:	AM		PM	
4.	DATE:	AM		PM	
5.	DATE:	AM		PM	
6.	DATE:	AM		PM	
7.	DATE:	AM		PM	

WEEK 2

8.	DATE:	AM		PM	
9.	DATE:	AM		PM	
10.	DATE:	AM		PM	
11.	DATE:	AM		PM	
12.	DATE:	AM		PM	
13.	DATE:	AM		PM	
14.	DATE:	AM		PM	

WEEK 3

15.	DATE:	AM		PM	
16.	DATE:	AM		PM	
17.	DATE:	AM		PM	
18.	DATE:	AM		PM	
19.	DATE:	AM		PM	
20.	DATE:	AM		PM	
21.	DATE:	AM		PM	

WEEK 4

8. DATE: AM PM

9. DATE: AM PM

10. DATE: AM PM

11. DATE: AM PM

12. DATE: AM PM

13. DATE: AM PM

14. DATE: AM PM

WEEK 5

15. DATE: AM PM

16. DATE: AM PM

17. DATE: AM PM

18. DATE: AM PM

19. DATE: AM PM

20. DATE: AM PM

21. DATE: AM PM

WEEK 6

22. DATE: AM PM

23. DATE: AM PM

24. DATE: AM PM

25. DATE: AM PM

26. DATE: AM PM

27. DATE: AM PM

28. DATE: AM PM

WEEK 7

29. DATE: AM PM

30. DATE: AM PM

31. DATE: AM PM

32. DATE: AM PM

33. DATE: AM PM

34. DATE: AM PM

35. DATE: AM PM