HEALTH JOURNAL

month : _ _ _ _ _ _ _ _ _ _ _ _ _

	sun	mon	tue	wed	thu	fri	sat
blood pressure: _ _ _ _ _ _ _ _ _ _ _ weight: _ _ _ _ _ _							
blood pressure: _ _ _ _ _ _ _ _ _ _ _ weight: _ _ _ _ _ _							
blood pressure: _ _ _ _ _ _ _ _ _ _ _ weight: _ _ _ _ _ _							
blood pressure: _ _ _ _ _ _ _ _ _ _ _ weight: _ _ _ _ _ _							
blood pressure: _ _ _ _ _ _ _ _ _ _ _ weight: _ _ _ _ _ _							