


# healthjournal

{month}: \_\_\_\_\_

	{sun.}	{mon.}	{tues.}	{wed.}	{thurs.}	{fri.}	{sat.}
Blood pressure: _____							
weight: _____							
Blood pressure: _____							
weight: _____							
Blood pressure: _____							
weight: _____							
Blood pressure: _____							
weight: _____							
Blood pressure: _____							
weight: _____							