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| Date | Reading #1 | Reading #2 | Reading #3 |
| *Example: January 14 2021* | *150/89* | *148/90* | *147/88* |
| January 15 2021 |  |  |  |
| January 16 2021 |  |  |  |
| January 17 2021 |  |  |  |
| January 18 2021 |  |  |  |
| January 19 2021 |  |  |  |
| January 20 2021 |  |  |  |
| January 21 2021 |  |  |  |
| January 22 2021 |  |  |  |
| January 23 2021 |  |  |  |
| January 24 2021 |  |  |  |
| January 25 2021 |  |  |  |
| January 26 2021 |  |  |  |
| January 27 2021 |  |  |  |
| January 28 2021 |  |  |  |

Blood Pressure Monitoring

Instructions: Take your blood pressure first thing in the morning when you are relaxed. Take it 3 times in a row on the same arm. Try to do this every day for at least two weeks. Please bring this form to your next appointment.

Blood glucose monitoring

Instructions: Check you blood sugar levels first thing in the morning before you have eaten or drank anything. This will be the most helpful readings. Do this for at least two weeks once you pick up more strips.

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| Date | Fasting Blood Glucose |
| *Example: January 14 2021* | *6.7* |
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