Blood Pressure Log / Sugar Log Fasting Glucose Target < 100 Blood Pressure Target < 120 / 80

NAME: _____

Date/Time	Blood Pressure	Whole Grain	Legumes	Leafy Greens	Exercise	Fasting Glucose	Bedtime < 10 PM

Mail to Dr. Carney each month, bring to your appointment or fax it here at (512) 295-4777

The smallest good deed beats the grandest good intention

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