

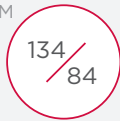
TRACK YOUR READINGS

SAMPLE READING

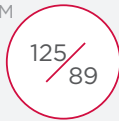
DATE:

4-12-14

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

Track your progress with the memory storage feature within your monitor, the log sheet provided, or via the Omron Wellness connected software application for certain models.

Visit www.OmronHealthCare.com to print more charts.



WEEK 1

1.

DATE:

AM



PM



2.

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3.

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WEEK 2

8. DATE: AM PM

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WEEK 3

15. DATE: AM PM

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WEEK 4

22. DATE: AM PM

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WEEK 4

29. DATE: AM PM

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WEEK 6



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WEEK 7



15. AM PM

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16. AM PM

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17. AM PM

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18. AM PM

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21. AM PM

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