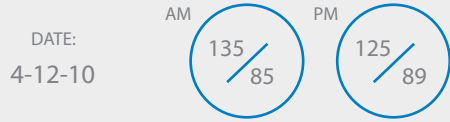


CHART YOUR READINGS

SAMPLE READING



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

Visit www.relion.com to print more charts.



WEEK 1

1.	DATE:	AM		PM	
2.	DATE:	AM		PM	
3.	DATE:	AM		PM	
4.	DATE:	AM		PM	
5.	DATE:	AM		PM	
6.	DATE:	AM		PM	
7.	DATE:	AM		PM	

WEEK 2

8.	DATE:	AM		PM	
9.	DATE:	AM		PM	
10.	DATE:	AM		PM	
11.	DATE:	AM		PM	
12.	DATE:	AM		PM	
13.	DATE:	AM		PM	
14.	DATE:	AM		PM	

WEEK 3

15.	DATE:	AM		PM	
16.	DATE:	AM		PM	
17.	DATE:	AM		PM	
18.	DATE:	AM		PM	
19.	DATE:	AM		PM	
20.	DATE:	AM		PM	
21.	DATE:	AM		PM	

WEEK 4

22.	DATE:	AM		PM	
23.	DATE:	AM		PM	
24.	DATE:	AM		PM	
25.	DATE:	AM		PM	
26.	DATE:	AM		PM	
27.	DATE:	AM		PM	
28.	DATE:	AM		PM	