

# Personal Medical Planner

## 2018

HEALTH

This planner belongs to:

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Phone Number:

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If found please return to my address:

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The data in this medical planner is intended for the owner of this planner only. If this book is lost or stolen please return to the above address.

*"Never Give Up-Never!"*





# January 2018

SUNDAY	MONDAY	TUESDAY
	<b>1</b> New Year's Day	2
<b>7</b>	8	9
<b>14</b>	<b>15</b> Dr. Martin Luther Kings Jr.	16
<b>21</b>	22	23
<b>28</b>	29	30

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31	<p><i>“When changes are inevitable in our lives, the first person we need to consider changing is ourselves!”</i></p> <p><i>Dorcas C. Chandler</i> <i>2017</i></p>		

## Diabetes and Blood Pressure Charts

### Weekly Diabetic Log

Week Starting: \_\_\_\_\_

Days	Insulin Type	Breakfast		Lunch		Dinner		Bedtime		Other		Weight	
		Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Dose	Blood Sugar	Morning	Night
<b>Mon</b>													
<b>Tue</b>													
<b>Wed</b>													
<b>Thu</b>													
<b>Fri</b>													
<b>Sat</b>													
<b>Sun</b>													

### Weekly Blood Pressure Log

Week Starting: \_\_\_\_\_

*Systolic mm Hg (Blood pressure when the heart contracts - i.e. 120mm Hg)  
Diastolic mm Hg (Blood pressure when the heart is relaxed - i.e. 80mm Hg)*

Days	Morning		Noon		Night		Other Oxygen	Pulse			Weight	
	Systolic mm Hg	Diastolic mm Hg	Systolic mm Hg	Diastolic mm Hg	Systolic mm Hg	Diastolic mm Hg		Morning	Noon	Night	Morning	Night
<b>Mon</b>								Morning	Noon	Night		
<b>Tue</b>								Morning	Noon	Night		
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<b>Sat</b>								<u>Morning</u>	<u>Noon</u>	<u>Night</u>		
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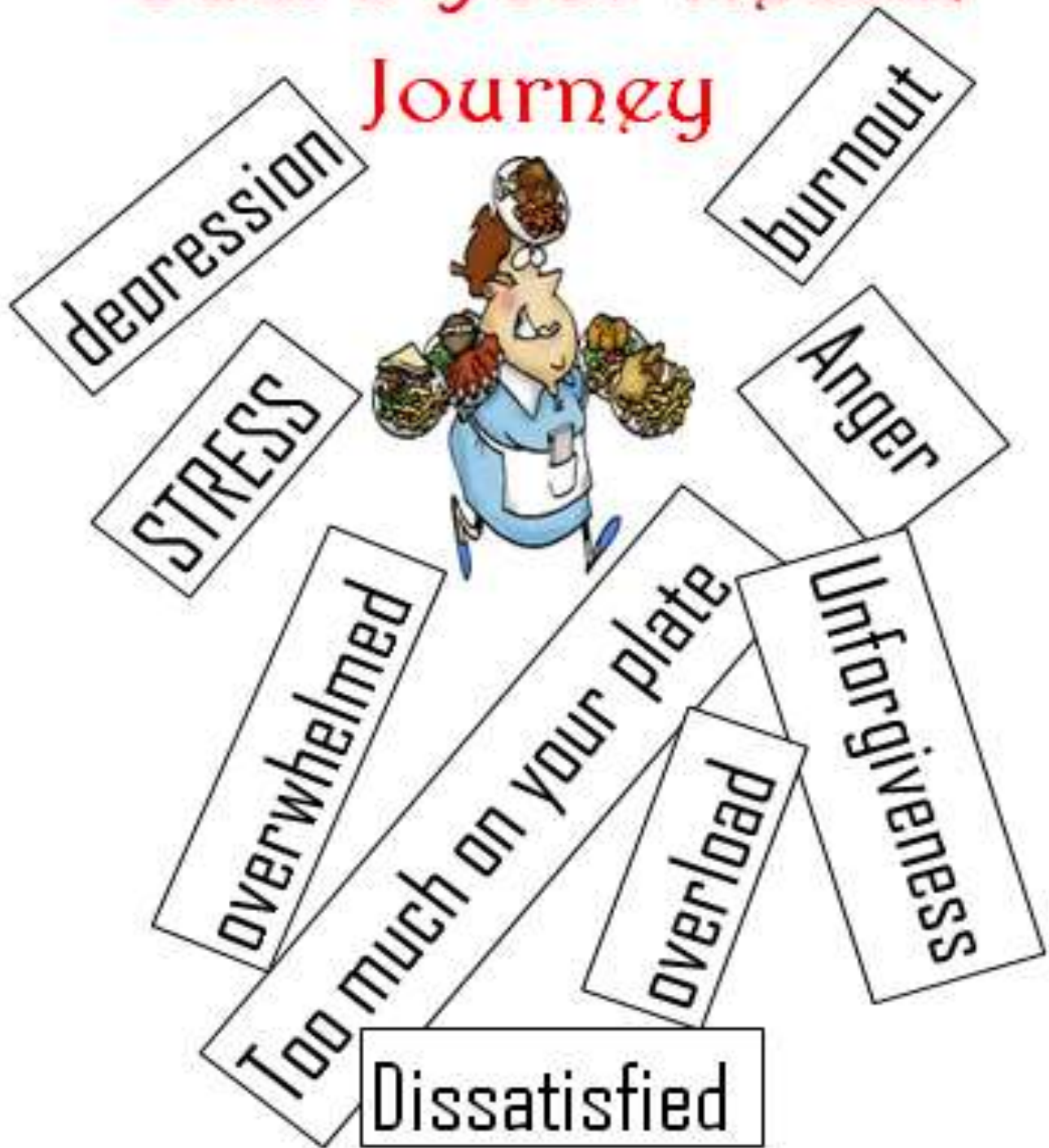


# P Personal Medical Data

*February 2018*

Doctor(s) Name & Location	Appointment Time & Date	Patient(s) Name	Dr. Phone Number Next Appointment Date/Time
<i>Notes:</i>			

# Guard Your Health Journey



# February 2018

SUNDAY	MONDAY	TUESDAY
<p><i>"I know nothing harder in life than to discipline the mind"</i></p> <p><i>Dorcas C. Chandler</i> 2017</p>		
4	5	6
11	12	13
18	19 Presidents' Day	20
25	26	27

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3
7	8	9	10
14	15	16	17
<b>21</b> Ash Wednesday	22	23	24
28			