













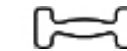

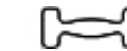

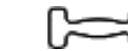

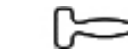














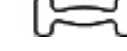

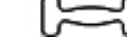


















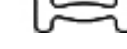

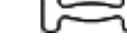

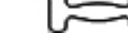

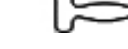









healthjournal

{month}: _____

	{sun.}	{mon.}	{tues.}	{wed.}	{thurs.}	{fri.}	{sat.}
blood pressure: _____							
weight: _____	 	 	 	 	 	 	 
blood pressure: _____							
weight: _____	 	 	 	 	 	 	 
blood pressure: _____							
weight: _____	 	 	 	 	 	 	 
blood pressure: _____							
weight: _____	