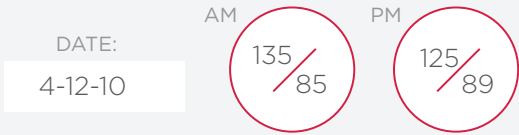


SAMPLE READING



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

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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	