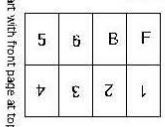
Body Temperature

DATE	TIME	BODY TEMPERATURE	COMMENTS

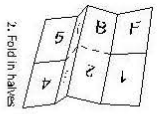
Folding Instructions

Note: All folds should be to the lines printed on the page; and not to the actual edges of the page.

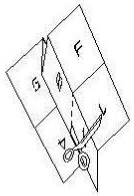
1. Start with front page at top left.



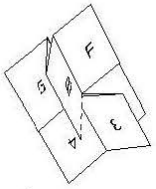
2. Fold in halves



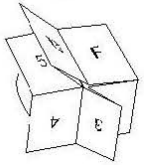
3. Cut at dotted line in center



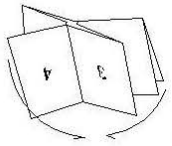
4. Fold to opposite ends.



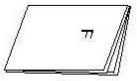
5. Fold in half vertically



6. Fold in half horizontally



done. enjoy!



Courtesy of PocketMod.com
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- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

- My HealthеVet Worksheet -

The My HealthеVet Wallet Worksheet is a new way to organize and monitor your health statistics. The Wallet Worksheet combines health reading templates with a unique folding style, which enable a normal piece of paper to become a booklet. You can carry the booklet around to easily enter your health readings and then transfer the readings to your online My HealthеVet records at your convenience.

Week of: _____ to _____

If lost, return to:

Name:

Address:

City: State: Zip:

Phone:

Email:

Body Weight

DATE	TIME	BODY WEIGHT	COMMENTS

Blood Sugar

	BREAKFAST	LUNCH	DINNER	OTHER	COMMENTS
SUN					
SAT					
FRI					
THU					
WED					
TUE					
MON					

Heart Rate

DATE	TIME	HEART RATE	COMMENTS

Blood Pressure

DATE	TIME	SYSTOLIC (top #)	DIASTOLIC (bottom #)	COMMENTS