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Year	☐AM ☐PM	: Time	B.Temp	℃	Weight	kg
			BP	／ mmHg	Water 1.5L	○ ×
Month	Date	Day	Pulse Rate	bpm	Sleep Hrs	h

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- ☐ Walk over 8,000 steps

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Notes / Observations

To Remember

Sketch Space

4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 0 1 2 3

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