	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of _____ (Sunday's date)	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____
Week of _____ (Sunday's date)	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____
Week of _____ (Sunday's date)	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____
Week of _____ (Sunday's date)	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____	**Zone** _____ **Weight** _____ *Optional* *BP* _____ *Pulse* _____ *CBG* _____