**Your reading diary**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Reading stationary/after walking | Reading stationary/  after walking | Reading stationary/after walking | Reading stationary/after walking |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |

Please contact your GP surgery if you are having any difficulty using the oxygen probe or if you are unsure of the instructions or readings.