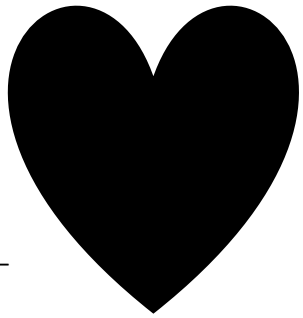
My Blood Pressure Log



Name _____

My Blood Pressure Goal _____

Instructions:

- Measure your blood pressure twice a day- morning and late afternoon- at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and have it available so when the nurse calls to check on your blood pressure you have record of all your readings.

DATE	AM	PM	DATE	AM	PM