My Blood Pressure Log

| Name | |
|------------------------|-------|
| My Blood Pressure Goal | mm Hg |

Instructions

- Measure your blood pressure twice a day 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 show it to your doctor at every visit.

| Date | AM | PM | Date | AM | PM |
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