Share Ourselves
Health is everything

My Blood Pressure Log

Name: _____

My Blood Pressure Goal: _____mm Hg

Instructions:

- Check your blood pressure twice a day, in the morning and late afternoon, at the same times each day.
- For accurate readings, sit comfortably with both feet on the floor for at least two minutes before measuring.
- When you measure your blood pressure, rest your arm on a table so the cuff is level with your heart.
- Write down your blood pressure readings on this sheet and share them with your doctor at each visit

DATE	AM	PM

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