

# Blood Pressure Log



My blood pressure GOAL is \_\_\_\_\_ mm Hg

The frequency I should check my blood pressure is \_\_\_\_\_

I should call my doctor if my blood pressure is \_\_\_\_\_

I should call my doctor if my heart rate is \_\_\_\_\_

Instructions:

- » For best results, sit with feet on the floor for a few minutes before taking blood pressure.
- » Rest your arm on a table so cuff is at the same height as your heart.
- » Write your blood pressure readings and your heart rate (beats per minute) on this log and bring to your doctor appointments.

Date	AM		PM	
	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
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Date	AM		PM	
	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
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