

Μv	Blood	Pressure	Log
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Name	
My Blood Pressure Goal 130/70 mm Hg	

Instructions

- Take at least two blood pressure readings 5 minutes apart-once in the morning before taking medications and in the evening before dinner.
- For best results, remain still for at least 5 minutes. Sit with your back straight and supported and your feet float on the floor.
- When you measure your blood pressure, rest your arm on a flat surface (such as a table) so your upper arm is a heart level
- Record your blood pressure on this sheet and show it to your doctor at every visit.

Date	AM 1 Prior to Meds	AM 2 After 5 Minutes	PM 1 Before Dinner	PM 2 After 5 Minutes	Date	AM 1 Prior to Meds	AM 2 After 5 Minutes	PM 1 Before Dinner	PM 2 After 5 Minutes

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