

My Blood Pressure Log

Name:						
My Blood Pressure G	oal:				mm Hg	
Instructions:						
• m f vmm f		fibnpkplinnff				S
fl lkn m	l t bti	mps mlflb	okl sp k s	ss p) S S	S
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	pvmpm kvmlþ	lmmfprsn s s bab	sklmapszps sssss		earn more about s	
• lmlvmm	bm v mp	k lpsm p fpmm	pp bs	_	blood pressure	
f m k m	V	ss p p	S S		at home.	
m m vfmm b m	folp pml	pm npb fv	m mslp	ps sp	S	S
V	р	S				

DATE	AM	PM

DATE	AM	PM