



BLOOD PRESSURE LOG

NAME: _____

MONTH: _____

- For best results, sit comfortably with both feet on the floor for at least five minutes before taking a reading
- Make sure to take the reading a .different types of the day.
- Rest your arm on a table so the blood pressure cuff is at about the same height as your heart.

DAY	TIME	READING 1	READING 2	READING 3	NOTES

Want to control your health and blood pressure with simple lifestyle changes?
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