



## Monitor Your Blood Pressure

Blood pressure is recorded as two numbers.

**Systolic**  
**Diastolic**

**120**  
**80**  
**73**

Power



Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

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