Premier Cardiovascular Institute

Measure your blood pressure twice a day, in the morning before taking your medications and in the evening before going to bed, no eating or exercise 30 min before taking the blood pressure.

For best results, sit comfortably with both feet on the floor for at least 5 min calmly, without talking. When taking your blood pressure, rest your arm on a table.

Patient Name: _____ DOB: _____

My Blood Pressure Log				
Date	Time	Blood Pressure	Heart Rate	Comments
	AM/PM	/		
	AM/PM	/		
	AM/PM	/		
	AM/PM	/		
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	AM/PM	/		

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