

NAME:			
DOB:			
PHYSIC	IAN:		
	_		

Blood Pressure Log

Goal: < 120 / 80

Instructions:

- Measure your blood pressure twice a day (morning and late afternoon) at the same times each day.
- Sit comfortably with both feet on the floor for at least 2 minutes before taking a measurement.
- When taking a measurement, rest your arm on a table so the blood pressure cuff is at about the same level as your heart.
- Record your blood pressure on this sheet and email it to nurse@allianceobgyngroup.com every Monday morning. Also bring it to each office visit.

DATE	AM	PM

DATE	AM	PM

Administrative Use Only				
I reviewed and interpreted the data provided to me herein.				
Provider signature:				