





My Blood Pressure Log

Να	me:									
My	Blood Pres	sure Goal:				,			mm Hg	
Ins	tructions:									
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•		For best results, sit comfortably with both feet on the floor for at least five minutes before taking a measurement. Sit calmly and don't talk. Learn more about the following pour substitution of the following pour substitution is a first common to the following pour substitution of the following pour substitution of the following pour substitution is a first common to the following pour substitution of the following pour substitution is a first common to the following pour substitution of the following pour substitution of the following pour substitution is a first common to the following pour substitution of the following pour substitution of the following pour substitution is a first common to the following pour substitution of the follo								
•	When taking your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart. blood pressure at home.									
•	Record your blo	ood pressure on this s	heet and show it to y	our hea	llth care professio	onal at				
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