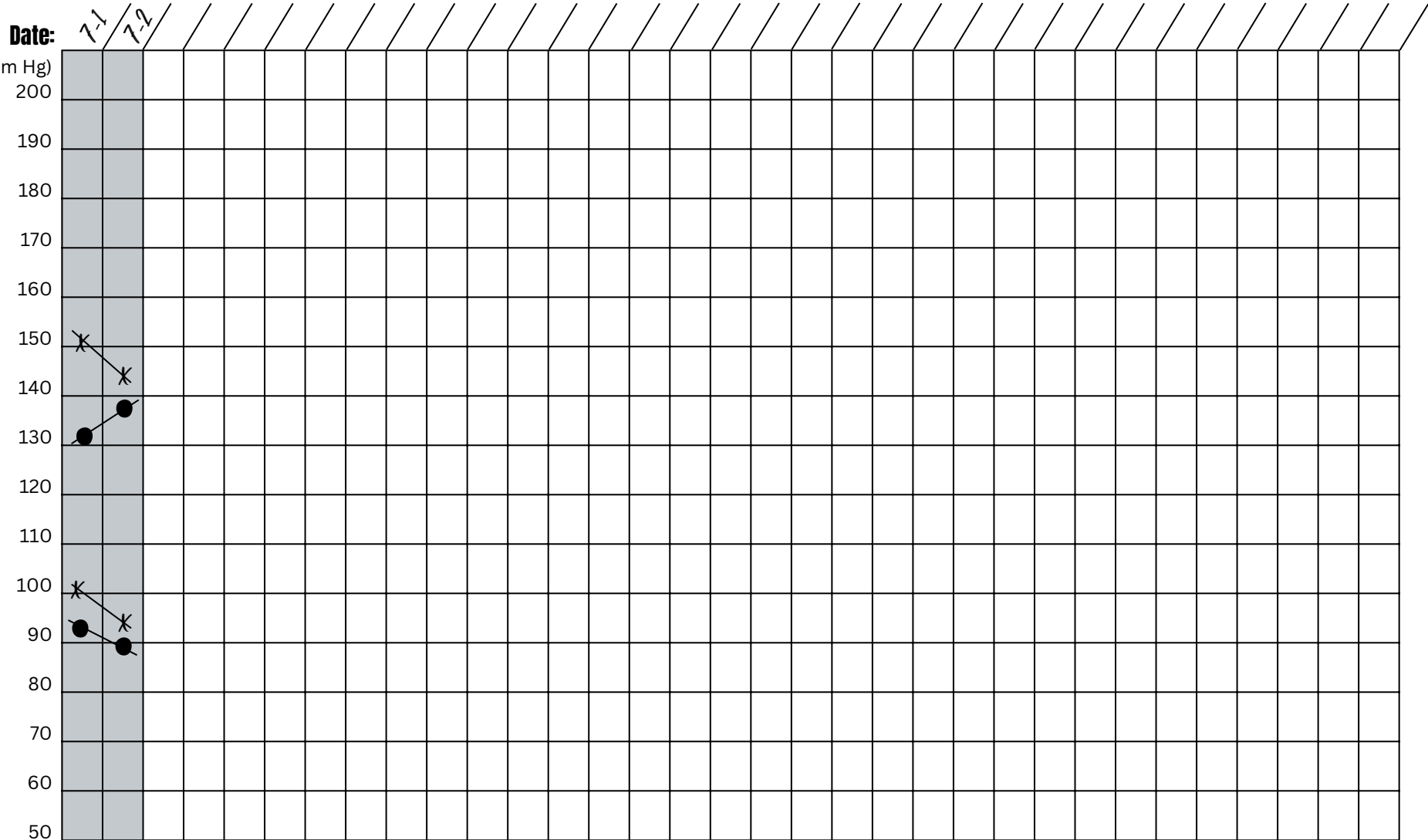




Monthly Blood Pressure Log



Use this monthly blood pressure log to track *morning* and *evening* blood pressures along with your pulse. Chart systolic (larger reading) and diastolic (smaller reading) blood pressures as shown.



Document Pressures Here

After waking: Before bed:

Sit down and rest several minutes before taking your pulse. Count your pulse for a full 60 seconds, then record your results.

Document Pulse Here

	96	68																	
	64	79																	