## **Blood Pressure Log**

Please use this form to record your blood pressure.

## Instructions:

- Measure your blood pressure every day
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit

Patient Name:_				— Date of Birth:	//
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