American Heart Association.

My Blood Pressure Log

Name: _____

My Blood Pressure Goal: _____ mm Hg

Instructions:

- m f vmm f b f p p fbp k plbmf f ml v s kpm lpbs- bp s s
fl lbm m ml f bfmps ml flbkl s p ks ss p s s s
- f m f m m k pv m p m lmmfsm s s s k l ms pszp s s s ps s
f l k kl kv ml p bsb s s ss
- l ml vmm bm v mp k l psm p fpmm p p b s p pbs s
f m k m v ss p p s s
- m m vfmm b m fb l p p ml pm mpb fv m m s l p ps sp s s
f v p s

Learn more about monitoring your blood pressure at home.

DATE	AM	PM

DATE	AM	PM