

# BLOOD PRESSURE LOG

TARGET BLOOD PRESSURE	
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Week of: \_\_\_\_\_

		AM		PM	
SUN	Notes:	Blood Pressure			
		Time			

MON	Notes:	Blood Pressure			
		Time			

TUES	Notes:	Blood Pressure			
		Time			

WED	Notes:	Blood Pressure			
		Time			

THURS	Notes:	Blood Pressure			
		Time			

FRI	Notes:	Blood Pressure			
		Time			

SAT	Notes:	Blood Pressure			
		Time			