| (Name) | 's | MINDEN |
|--------------------------|----|---------------------------|
| Daily Blood Prossure Log | | Nephrology & Hypertension |

| D | ail | y | B | lood | Р | res | SUI | æ | Log | • |
|---|-----|---|---|------|---|-----|-----|---|-----|---|
|---|-----|---|---|------|---|-----|-----|---|-----|---|

| My Goal | mm Hg |
|---------|-------|
| | |

How To Track:

- Measure your blood pressure one time each day.
- Sit comfortably for two minutes with both feet on floor before measuring.
- Rest your arm on a table with the blood pressure cuff about the same height as your heart.
- Write down your blood pressure and heart rate below and bring it to every visit.

| Date | ВР | HR | Date | ВР | HR |
|------|----|----|------|----|----|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |