(Name)_____‘s

MINDEN Primary Care

Daily Blood Pressure 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	BP	HR

Date	BP	HR