**PATIENT BLOOD PRESSURE LOG**

|  |  |
| --- | --- |
| NAME: | DOB: |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| DATE | TIME | BLOOD PRESSURE | | TIME | BLOOD PRESSURE | |
| AM | 1st Reading | 2nd Reading  (2 minutes later) | PM | 1st Reading | 2nd Reading  (2 minutes later) |
| Eg |  | 145/89 | 143/88 |  | 146/87 | 145/87 |
| Day1 |  |  |  |  |  |  |
| Day2 |  |  |  |  |  |  |
| Day3 |  |  |  |  |  |  |
| Day4 |  |  |  |  |  |  |
| Day5 |  |  |  |  |  |  |
| Day6 |  |  |  |  |  |  |
| Day7 |  |  |  |  |  |  |
| Day8 |  |  |  |  |  |  |
| Day10 |  |  |  |  |  |  |
| Day11 |  |  |  |  |  |  |
| Day12 |  |  |  |  |  |  |
| Day13 |  |  |  |  |  |  |
| Day14 |  |  |  |  |  |  |
| Day15 |  |  |  |  |  |  |
| Day16 |  |  |  |  |  |  |
| Day17 |  |  |  |  |  |  |
| Day18 |  |  |  |  |  |  |
| Day19 |  |  |  |  |  |  |
| Day20 |  |  |  |  |  |  |
| Day21 |  |  |  |  |  |  |
| Day22 |  |  |  |  |  |  |
| Day23 |  |  |  |  |  |  |
| Day24 |  |  |  |  |  |  |
| Day25 |  |  |  |  |  |  |
| Day26 |  |  |  |  |  |  |
| Day27 |  |  |  |  |  |  |
| Day28 |  |  |  |  |  |  |
| Day29 |  |  |  |  |  |  |
| Day30 |  |  |  |  |  |  |

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