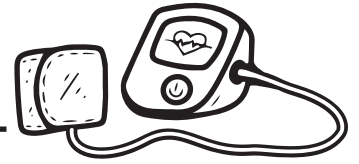


My Blood Pressure Journal



Measuring your numbers over time and discussing them with a health care professional is the only way to know if your blood pressure is under control.

Use this journal to record your blood pressure numbers each time you take them. Bring it to your next appointment to discuss how your numbers are trending with a health care professional.

Date	A.M.	P.M.

Date	A.M.	P.M.

