

My Blood Pressure Log

Name: _

My BP Goal: _____ mm Hg / _____ mm Hg

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Instructions:

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes beforetaking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.

You can also use AHA's Check. Change. Control.® Tracker (ccctracker.com/AHA), a free online tool to help you track and monitor your blood pressure.

Just find the campaign code on the map for your state and sign up.

| DATE | AM | PM | DATE | AM | PM |
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