



My Blood Pressure Record

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Time							
BP							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Time							
BP							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Time							
BP							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Time							
BP							

Take this record to your healthcare provider each visit.

Call **1-888-545-1710**

toll-free, 24 hours a day to talk with a *Healthy Together!* nurse

