Name: My Blood Pressure Log Goal Blood Pressure:

Date	Morning (initial) (before medication)	Morning (repeat) (1 min later)	Evening (initial) (before dinner)	Evening (repeat) (1 min later)

Name: My Blood Pressure Log Goal Blood Pressure:

Date	Morning (initial) (before medication)	Morning (repeat) (1 min later)	Evening (initial) (before dinner)	Evening (repeat) (1 min later)