



# Blood Pressure Record

Your Name:

Circle Month

Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec

**Record your blood pressure (BP) every day.** Find the number & the date of the month and then mark the spot - for the high number/systolic BP and low number/diastolic BP (see example). When you do that you can easily see your usual blood pressure. A normal BP is less than 140/90 (**bold** lines). For patients with diabetes, kidney disease, heart disease, or strokes, your **target BP** should be less than 135/80 (dotted lines).

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