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Blood Pressure Log



Here is a chart for you to record your blood pressure. Take this record with you when you visit your healthcare team.
For people with diabetes, the recommended blood pressure is less than 130/80 mmHg.

	Date	Time	Comments	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
				Systolic	Diastolic	Systolic	Diastolic
Sample Morning	June 15	8:00 AM	Meds at 9 AM	138	82	135	80
Sample Evening	June 15	8:00 AM	Upset	157	92	154	90
Day 1 Morning							
Day 1 Evening							
Day 2 Morning							
Day 2 Evening							
Day 3 Morning							
Day 3 Evening							
Day 4 Morning							
Day 4 Evening							
Day 5 Morning							
Day 5 Evening							
Day 6 Morning							
Day 6 Evening							
Day 7 Morning							
Day 7 Evening							
Average							

BLOOD SUGAR TRACKER

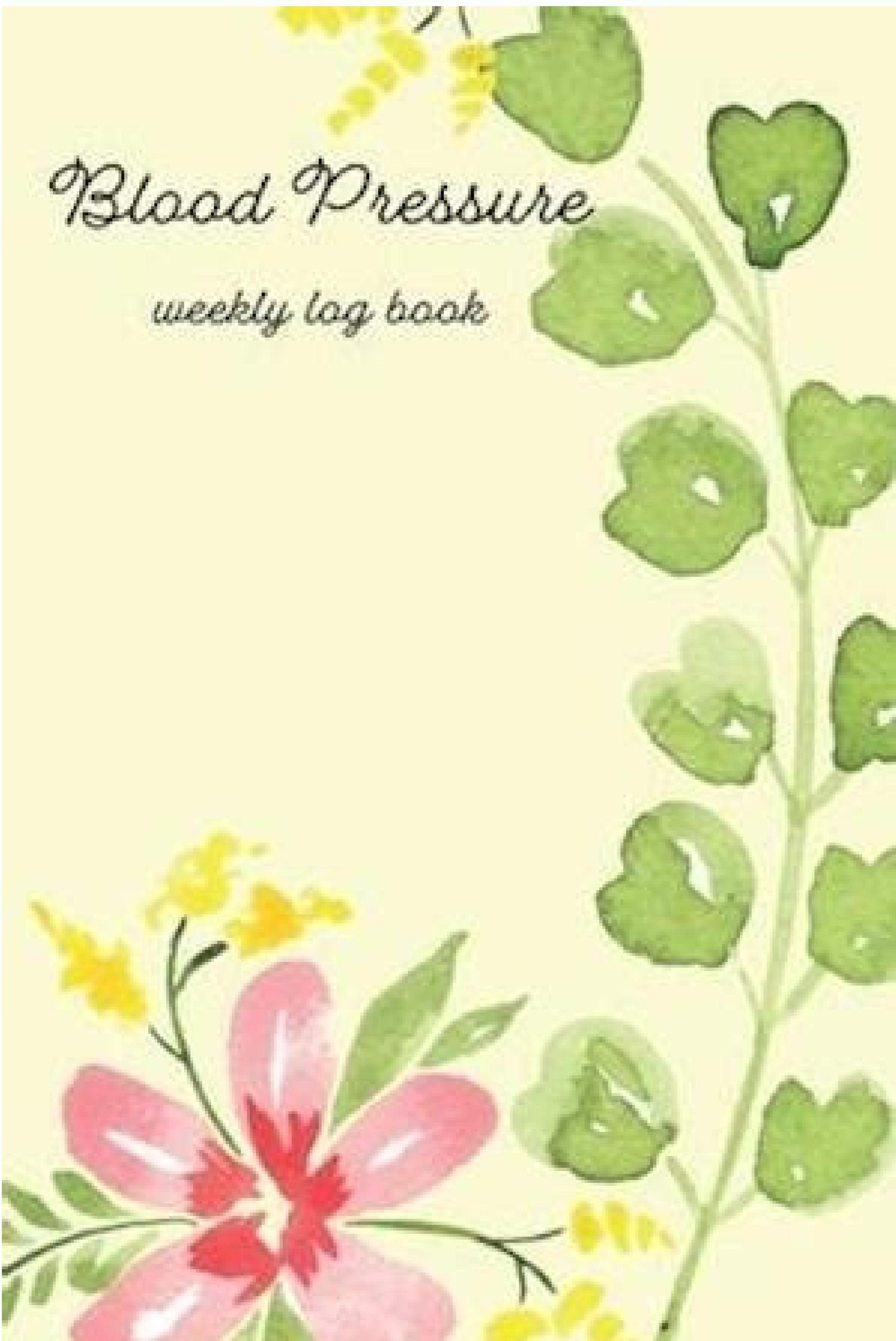
WEEK OF:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	before after	before after	before after	before after	before after	before after	before after
Lunch							
Dinner							
Bedtime							

WEEK OF:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	before after	before after	before after	before after	before after	before after	before after
Lunch							
Dinner							
Bedtime							

WEEK OF:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	before after	before after	before after	before after	before after	before after	before after
Lunch							
Dinner							
Bedtime							

Blood Pressure

weekly log book



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