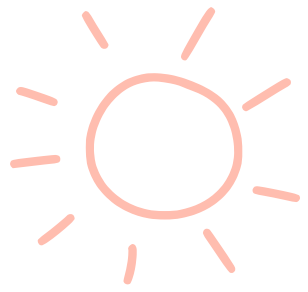


# PATIENT BLOOD PRESSURE LOG

A vertical red banner with a white border containing the letters 'B' and 'P' stacked vertically in a large, white, serif font.

Follow the instructions on the "How to Check Your Blood Pressure" page.



## MORNING:



## EVENING:

TIME

READING

READING

DATE

TIME

READING

READING

#1

#2

#1

#2

TIME	READING #1	READING #2	DATE	TIME	READING #1	READING #2

