

MY BP LOG

TIPS FOR TRACKING YOUR BP AT HOME:

- Always take your BP at the same time every day.
- Take at least two readings, one minute apart.
- Take a look at this video for the DOs and DON'Ts of taking your blood pressure at home:
<https://youtu.be/67fTPUYKYe0>

DATE	Time of reading	AM reading 1	AM reading 2	Time of reading	PM reading 1	PM reading 2

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