

My Blood Pressure Log

Name _____

Record your blood pressure on this sheet and show it to your health care provider at every visit.

You can also track your blood pressure online using the American Heart Association's *Check. Change. Control.* tracker. Create your free account at www.ccctracker.com and use campaign code **CHKBP**.



Date	Time	Blood Pressure
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/
	AM PM	/

