SAMPLE

Excerpt from: Blood Pressure Log Book

This sample shows the first 3 page(s) of the full 120-page product.

This is a sample only. It is NOT the full product.

Buy the full product to receive the complete file.

BLOOD PRESSURE LOG BOOK

Large Print Daily Tracker for Seniors

Undated • Easy to Use • Large Print

SkillQuesters Press

How to Use This Book

1. Write the date at the top of each day.
2. Morning: measure your blood pressure after waking up, before coffee. Write down SYS, DIA and your pulse.
3. Evening: measure again before bed and write down the numbers.
4. Check the boxes after you take your morning and evening medications.
5. Use the Notes space for anything unusual: dizziness, headache, or a skipped dose.
6. At the end of each month, fill in the Monthly Review page to track your progress.
7. Bring this book to your doctor visits so your doctor can see your readings.
8. This book is undated: start any day you like and skip any day you need.

This book is a personal record keeper. It is not medical advice. Always follow your doctor's instructions.

Blood Pressure Log Week: _____

Day 1 Date: _____ / _____ / _____

AM: SYS _____ DIA _____ Pulse _____

PM: SYS _____ DIA _____ Pulse _____

Day 2 Date: _____ / _____ / _____

AM: SYS _____ DIA _____ Pulse _____

PM: SYS _____ DIA _____ Pulse _____

Day 3 Date: _____ / _____ / _____

AM: SYS _____ DIA _____ Pulse _____

PM: SYS _____ DIA _____ Pulse _____

Day 4 Date: _____ / _____ / _____

AM: SYS _____ DIA _____ Pulse _____

PM: SYS _____ DIA _____ Pulse _____

Day 5 Date: _____ / _____ / _____

AM: SYS _____ DIA _____ Pulse _____

PM: SYS _____ DIA _____ Pulse _____

Day 6 Date: _____ / _____ / _____

AM: SYS _____ DIA _____ Pulse _____

PM: SYS _____ DIA _____ Pulse _____

Day 7 Date: _____ / _____ / _____

AM: SYS _____ DIA _____ Pulse _____

PM: SYS _____ DIA _____ Pulse _____
