My Blood Pressure Log

Lapeer Family & Urgent Care
1794 N. Lapeer Rd, Ste A
Lapeer, MI 48446
Phone (810) 245-1800

Name _____ **Target Blood Pressure** _____

Date	Time (a.m.)	Blood pressure	Time (p.m.)	Blood pressure	Comments
Sample: 4/3	9:00	139/90	6:30	146/93	Stressful day at work

**This information is not intended as a substitute for professional healthcare. Always follow your healthcare provider's instructions.*

3/12 ala