



LIFELINE BLOOD PRESSURE LOG

MONTH:

***TARGET (SBP/DBP):**

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Date	Time	SBP	DBP	Pulse	Notes
1	AM				
	PM				
2	AM				
	PM				
3	AM				
	PM				
4	AM				
	PM				
5	AM				
	PM				
6	AM				
	PM				
7	AM				
	PM				
8	AM				
	PM				
9	AM				
	PM				
10	AM				
	PM				
11	AM				
	PM				
12	AM				
	PM				
13	AM				
	PM				
14	AM				
	PM				
15	AM				
	PM				
16	AM				
	PM				
17	AM				
	PM				

Date	Time	SBP	DBP	Pulse	Notes
16	AM				
	PM				
17	AM				
	PM				
18	AM				
	PM				
19	AM				
	PM				
20	AM				
	PM				
21	AM				
	PM				
22	AM				
	PM				
23	AM				
	PM				
24	AM				
	PM				
25	AM				
	PM				
26	AM				
	PM				
27	AM				
	PM				
28	AM				
	PM				
29	AM				
	PM				
30	AM				
	PM				
31	AM				
	PM				