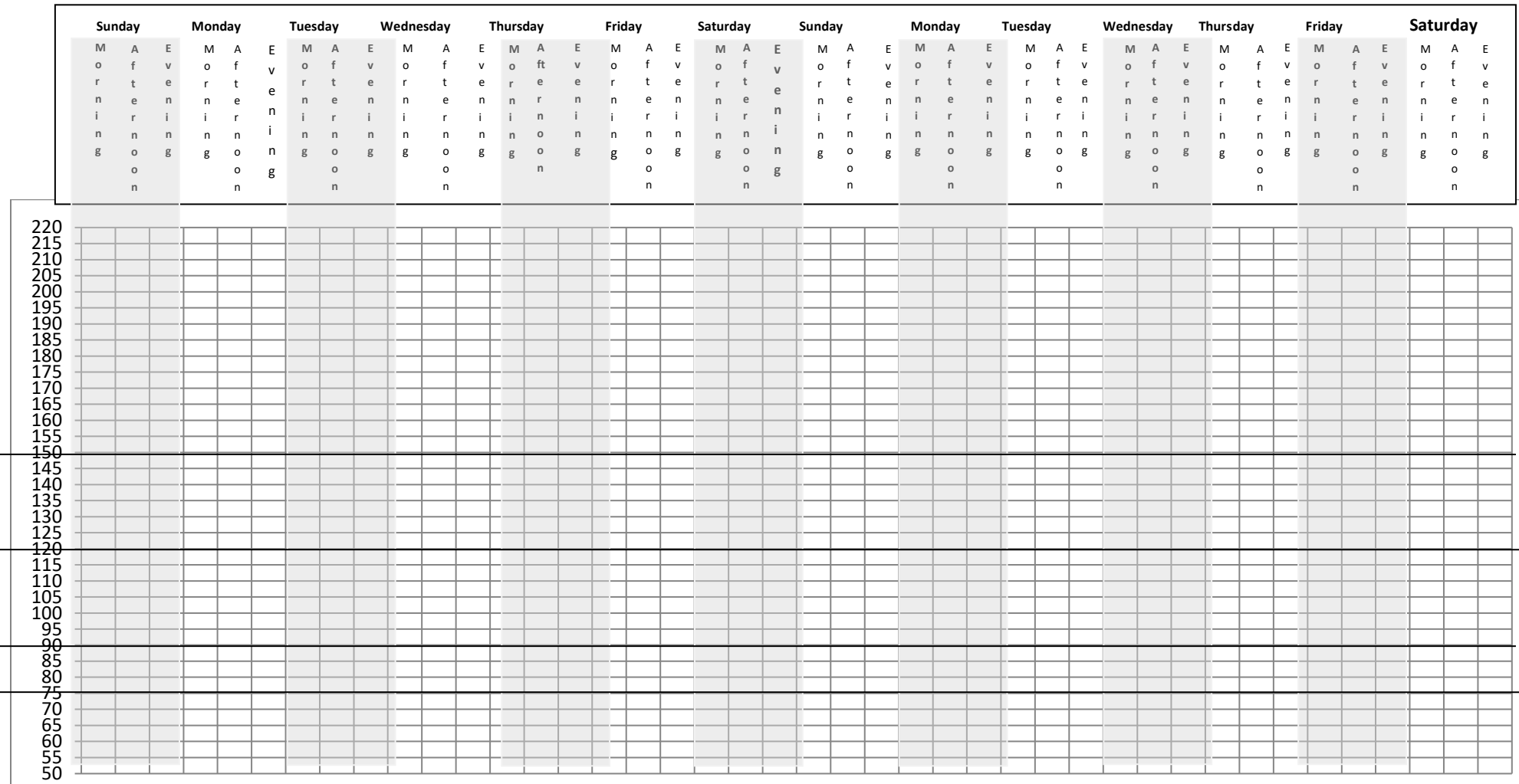


Beginning Date (MM/DD/YY): _____

Home Blood Pressures

Name: _____



Plot points, then connect all the top points and all the bottom points. Goal: 120/75 or less. Try to take reading when you are upset. We want to record the highest. Schedule an appointment immediately if greater than 150/90 more than twice weekly. Bring this sheet to all appointments with Dr Clarke.

Remember: reduce your sodium intake.