

# Blood Pressure Tracking Tool

Month: \_\_\_\_\_ WEEK 1 DATES: \_\_\_\_\_

	AM	PM	As Needed	Notes
S				
M				
T				
W				
T				
F				
S				

WEEK 2 DATES: \_\_\_\_\_

	AM	PM	As Needed	Notes
S				
M				
T				
W				
T				
F				
S				

WEEK 3 DATES: \_\_\_\_\_

	AM	PM	As Needed	Notes
S				
M				
T				
W				
T				
F				
S				

WEEK 4 DATES: \_\_\_\_\_

	AM	PM	As Needed	Notes
S				
M				
T				
W				
T				
F				
S				



**EAST REGION**

Try to take your pressure at the same time(s) every day for better comparison. Use the notes section to record any events that may have potentially caused an increase in your pressure.

[HumanaMilitary.com](https://www.humanamilitary.com)

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