



TENNESSEE FAMILY MEDICINE

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Blood Pressure Logs : Check in morning 3 times and average, same in evening.
Empty your bladder, Rest 5 minutes, sit in chair with back supported in chair.
No smoking or caffeine for 30 minutes before measuring

| Date | BP am 1 | BP am 2 | BP am 3 | Morning Average | BP pm 1 | BP pm 2 | BP pm 3 | Evening Average |
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