

# My Daily Blood Pressure And Weight Log:

DATE	DAILY WEIGHT	DAILY BLOOD PRESSURE	DAILY HEART RATE	DAILY ACTIVITIES	NOTES
Monday ___/___		___/___			
Tuesday ___/___		___/___			
Wednesday ___/___		___/___			
Thursday ___/___		___/___			
Friday ___/___		___/___			
Saturday ___/___		___/___			
Sunday ___/___		___/___			