

## PRINTABLE BLOOD PRESSURE CHART – YOUR VALUES

Record your BP readings in the chart below to track changes affected by diet, exercise, and stress.

Week: _____	SUN	MON	TUE	WED	THU	FRI	SAT
Systolic Values (mm HG)							
Diastolic Values (mm HG)							
Weight (Record once or twice a week)							
Exercise (# of minutes)							
Water (# of glasses)							
Minerals Consumed							
Stress Level (High, Medium, Low)							

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