PARKVIEW MEDICAL GROUP
BLOOD PRESSURE JOURNAL

PATIENT NAME: _____ DATE OF BIRTH: _____

It's important to remember to take your blood pressure medication as prescribed and record your blood pressures daily. Make a habit of taking your medication at the same time every day and taking your blood pressure LATER in the day (give your medicine time to work). If your blood pressure monitor also takes your pulse, please record that result here as well. Bring this journal with you to each of your appointments. Call for an appointment if you are having any problems.

DATE	TIME	BP	PULSE	DATE	TIME	BP	PULSE
Is it time for a follow-up visit? Do you need to refill your prescription?				Is it time for a follow-up visit? Do you need to refill your prescription?			
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