

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 ____ / ____		____ / ____			