My Blood Pressure Record

A general goal for blood pressure of <140/90 mmHg is appropriate for many adults with diabetes. A lower blood pressure target may be appropriate for some patients. Ask your healthcare provider about the blood pressure target that is right for you.

Each time you have your blood pressure checked, record your results here:

Date / Time	Blood Pressure	My Target
January, 1 — 8:00 a.m.	*144/89*	*<140/90*

This workbook is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.
©2007, 2008, 2010, 2011, 2012, 2013, 2015, 2018 StayWell, LLC. www.staywell.com 800-333-3032 All rights reserved. Made in the USA.

DIAB-1139414-0037 08/17