# 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* |
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This workbook is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.
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