

## **BP LOGS**

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Name:	Date of birth:
Measure your blood pressure twice a	day—morning and late afternoon—at about the same times ev

Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day. Ideal Blood pressure is under 140 mmHg systolic / 90 mmHg systolic. If you have Blood pressure greater than 160 mmHg Systolic / 110 mm HG diastolic → go to the hospital for evaluation.

For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement. When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.

Record your blood pressure on this sheet and **show it to your doctor at every visit.** 

Date	AM	PM

Date	AM	PM	