Pressure Perfect - The drug-free blood pressure reduction alternative.
www.LowerMyPressure.com

BLOOD PRESSURE RECORD

Starting on _____ and ending _____

Date	Day	Time	Systolic Pressure	Diastolic Pressure	Heart Rate

BLOOD PRESSURE RECORD

Starting on _____ and ending _____

Date	Day	Time	Systolic Pressure	Diastolic Pressure	Heart Rate