

A Lexington Medical Center Physician Practice

5143 Forest Drive, Suite 200, Columbia, SC 29206 Ph: (803) 314-9120 • Fx: (803) 314-9121

LFPForestAcres.com



## **Blood Pressure Log**

My blood pressure goal is:	
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Date	Time	Systolic	Dystolic	Comments
Date		(Top Number)	(Bottom Number)	Comments
	□ a.m. □ p.m.			
	□ a.m. □ p.m.			
	□ a.m. □ p.m.			
	□ a.m. □ p.m.			
	□ a.m. □ p.m.			
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	□ a.m. □ p.m.			
	□ a.m. □ p.m.			