SENIOR program

GenerationRx

Preventing the Misuse and Abuse
of Prescription Medications

For additonal copies visit: *go.osu.edu/generationrx* or *cardinalhealth.com/GenerationRx*

Blood Pressure Log

It is important for your physician to have a record of your blood pressure to be able to make changes in your therapy if necessary. A one-time reading at the physician's office will not give a complete picture of your blood pressure changes. Please use this simple log to record the date, blood pressure reading, heart rate reading, if provided, and any comments about your medications or how you were feeling at the time of the blood pressure reading.

Blood Pressure Goal: ____________________

Please discuss with your physician or health care provider what is the goal blood pressure best for you.

Date	Blood Pressure	Heart Rate (Pulse)	Comments