Date	Time	Blood Pressure
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TABLETS

Tablet Name	Strength	Morning	Midday	Evening

BLOOD PRESSURE
upper limit = **160/95**
ideal = **140/85** or less

Here are 4 things YOU can do
That may help you to lower your blood pressure:

1. **Reduce the amount of SALT in your diet**
2. **Loss excess weight**
3. **Exercise more**
4. **Avoid excessive alcohol**

PLEASE DON'T SMOKE

Eyre Peninsula
Division of General Practice

Blood Pressure Record

Name: ……..