

## My Blood Pressure, Heart Rate, and Daily Weight

Too Low BP: <90/50

Too High BP: >140/90

Target BP: 100-120/60-70

Too Low HR: <50

Too High HR: >90

Target HR: 60-70

My Dry Weight: \_\_\_\_\_

Date	Blood Pressure	Heart Rate	Weight	Comments: Symptoms, Concerns, Medications Held

