

# Blood Pressure Tracking Sheet

Take your blood pressure first thing in the morning before getting out of bed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

If your blood pressure appears to be more than 95 (lower number) and 180 (higher number), please contact your doctor.

Functional Medicine is a personalized approach to identification of the root cause of disease and empowerment of individuals to heal themselves.

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