Month-at-a-Glance Blood Pressure Log

D = depressed; **E** = exercise within past hour; **F** = fasting, missed the meal; **M** = after taking meds; **N** = after a nap; **W** = after drinking a lot of water

Day of Month	Upon Rising	Before Breakfast	After Breakfast	Mid Morning	Before Lunch	After Lunch	Mid Afternoon	Late Afternoon	Before Supper	After Supper	Going to Bed	Middle of the Night	Notes
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													
19													
20													
21													
22													
23													
24													
25													
26													
27													
28													
29													
30													
31													