## C.A.R.E.S. of OXFORD 256.835.0076 MY BLOOD PRESSURE GOAL \_\_\_/\_\_

Talk to your healthcare provider about what blood pressure goal is right for you and write it above.

DATE	TIME	SYSTOLIC	DIASTOLIC	WEIGHT

DATE	TIME	SYSTOLIC	DIASTOLIC	WEIGHT

DATE	TIME	SYSTOLIC	DIASTOLIC	WEIGHT

DATE	TIME	SYSTOLIC	DIASTOLIC	WEIGHT

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