



OCEAN FAMILY & GERIATRIC ASSOCIATES  
**BLOOD PRESSURE LOG**



PATIENTS NAME: \_\_\_\_\_

- GOAL BLOOD SUGAR BEFORE MEALS IS: 90-130 MG/DL
- GOAL A1C (3 MO AVG OF BS) IS <7.0%
- GOAL BLOOD PRESSURE IS: <130/80

**\*\*CHECK ALL BLOOD SUGARS BEFORE MEALS AND AT BEDTIME\*\***

	DATE	BREAKFAST	LUNCH	DINNER	BEDTIME
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