Take this card to your health care provider visits.					visits.
BLOOD PRESSURE		Check at each visit		Goal:	
Date	BP	Date	BP	Date	BP
Example: 3/15/10	180/75				
WEI	GHT	Check at	each visit	Goal:	
Date	Wt	Date	Wt	Date	Wt
Example: 3/15/10	175				

LIPID P	ROFILE	Goal:		
Date	Total Cholesterol	HDL	LDL	Tri- glycerides

OTHER TESTS					
Date	Test	Results			

You can find more information at High Blood Pressure University at www.michigan.gov/hbpu MDCH 2010