

### Blood Pressure Log

Blood pressure readings	systolic (top reading)	diastolic (bottom reading)
Before starting DASH Diet		
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		