

Blood Pressure Log

Name: _____ Sex: _____

Age: _____ Height: _____

Weight: _____ Physician's Name: _____

Medication/s (if any):

Target Blood Pressure: _____

Reminders: Measure your blood pressure twice a day. One in the morning and one in the late afternoon or evening, preferably around the same times every day. Before measuring, ensure that you don't eat, drink, or do activities that may affect your blood pressure such as smoking, ingesting caffeinated beverages, or exercising. In addition, empty your bladder and rest for a least 5 minutes before your reading. While measuring, keep both feet flat on the ground with your legs or ankles uncrossed. The cuff on your arm must be snug but not too tight and should be wrapped around your bare skin, not over clothing. To add, your arm with the cuff must be on a table around chest height throughout the reading. It is recommended that you stay calm, still, and quiet while taking your measurements. After your first reading, record the results, wait for a minute or two then record the results in the table below.

Date: _____ dd / mm / yyyy Morning (AM) Time: _____

Morning First Reading: _____ Morning Second Reading: _____

Late Afternoon/Evening (PM) Time: _____ Evening First Reading: _____

Evening Second Reading: _____

Notes: