Blood pressure log: 7 days before a doctor's visit

Name: _____ Arm: ○ left ○ right Monitor: _____ Medication and when it is taken: _____

Day	Date	☀ Morning							☾ Evening							Notes
		Time	Reading 1			Reading 2			Time	Reading 1			Reading 2			
			Top	Bottom	Pulse	Top	Bottom	Pulse		Top	Bottom	Pulse	Top	Bottom	Pulse	
1 day 1 is not counted																
2																
3																
4																
5																
6																
7																

Average of days 2–7

_____ / _____ ♥ _____

Home limit for hypertension: 135/85 (ESH) · 130/80 (AHA/ACC)

How to measure

- No coffee, smoking or exercise for 30 minutes
- Empty your bladder, then sit quietly for 5 minutes
- Back supported, feet flat, legs uncrossed
- Cuff on the bare upper arm, at heart level
- Don't talk; take the readings 1–2 minutes apart
- Morning: before breakfast and pills. Evening: before dinner or bed

For information only. Discuss your readings with a doctor.

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Blood pressure log: one month

Month:

Day	Date	☀ Morning				☾ Evening				Notes
		Time	Top	Bottom	Pulse	Time	Top	Bottom	Pulse	
1										
2										
3										
4										
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