Blood Pressure Log

Name: ___________________________

Blood Pressure Goal: _______________

Instructions:

1) Measure your blood pressure (BP) twice a day. First in the morning and then in the evening.
2) Ensure to measure your BP at about the same time every day.
3) Take your BP three times each time you measure. Wait at least a minute between readings.
4) Don't exercise, smoke, drink alcohol or caffeinated beverages within 30 minutes of the measurement.
5) Sit comfortably with both feet on the floor for 5 minutes before taking your BP readings.
6) Rest your arm on a table so that the blood pressure cuff is at the same level as your heart.
7) Record your readings and use the blood pressure log below to note down your readings daily.

(Learn more at BloodPressureChecking.com)

DATE	AM	PM		DATE	AM	PM