Blood Pressure Log



| My blood pressure GOAL is | _ mm Hg |
|---|---------|
| The frequency I should check my blood pressure is | |
| I should call my doctor if my blood pressure is | |
| I should call my doctor if my heart rate is | |

Instructions:

- » For best results, sit with feet on the floor for a few minutes before taking blood pressure.
- » Rest your arm on a table so cuff is at the same height as your heart.
- » Write your blood pressure readings and your heart rate (beats per minute) on this log and bring to your doctor appointments.

| Date | AM | | PM | | Date | AM | | PM | |
|------|-------------------|---------------|-------------------|---------------|------|-------------------|---------------|-------------------|---------------|
| | Blood Pressure | Heart Rate | Blood Pressure | Heart Rate | | Blood Pressure | Heart Rate | Blood Pressure | Heart Rate |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |
| | / | | / | | | / | | / | |