

Blood Pressure Log

Name	Date of Birth	BP Coal
		DP GOal

Instructions:

- Measure your blood pressure twice a day morning and evening at about the same times every day
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When taking your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your healthcare provider at every visit.

Date	Time	Blood	Pulse	Time	Blood	Pulse	Comments
	(a.m.)	Pressure	Rate	(p.m.)	Pressure	Rate	
Sample	(a.m.) 8:37	127/83	84				Stressful morning

Time (a.m.)	Blood Pressure	Pulse Rate	Time (p.m.)	Blood Pressure	Pulse Rate	Comments
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