Blood pressure log

Name _____ Week starting _____ Monitor _____ Arm ☐ Left ☐ Right

For 7 days: two readings in the morning, before taking any blood pressure medication, and two in the evening, 1 minute apart.

Day and date		Time	1st reading			2nd reading			Notes
			SYS	DIA	Pulse	SYS	DIA	Pulse	
Day 1 not averaged _____	Morning								
	Evening								
Day 2 _____	Morning								
	Evening								
Day 3 _____	Morning								
	Evening								
Day 4 _____	Morning								
	Evening								
Day 5 _____	Morning								
	Evening								
Day 6 _____	Morning								
	Evening								
Day 7 _____	Morning								
	Evening								

Before you measure

- No smoking, caffeine, food or exercise for 30 minutes
- Sit quietly for 3–5 minutes, back supported
- Feet flat on the floor, legs uncrossed
- Bare arm resting on a table at heart level
- A cuff that fits your arm
- No talking during the readings

Average of days 2–7

SYS	DIA	Pulse

Use all readings from days 2–7.