



My Blood Pressure Log

Name: _____

My Blood Pressure Goal: _____ mm Hg

Instructions:

- Check your blood pressure for 3 days (minimum) to 7 days (preferred) before your appointment with your health care professional. You should take two readings, one minute apart twice a day. Two readings in the morning before taking your medication and eating, and two readings at bedtime before sleep.
- Before you measure no smoking, caffeinated beverages, alcohol or exercise 30 minutes prior, use a validated device with the correct cuff size, and empty your bladder.
- For accurate results, sit upright with back supported, feet on floor, and legs uncrossed. Sit quietly for more than 5 minutes and do not talk.
- When taking your blood pressure, rest your arm on a flat surface so the blood pressure cuff is at heart level. Wrap the cuff on your bare skin above the bend of the elbow, not over clothing.
- Record your blood pressure on this sheet and show it to your health care professional at every visit.

DATE	AM	PM

DATE	AM	PM

Learn more about [monitoring your blood pressure at home](#).