

My Blood Pressure Log



My Blood Pressure Goal:

Instructions:

Name:

- + Measure your blood pressure twice a day—morning and late afternoon—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 you measure 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 doctor at every visit.

DATE	AM	PM	NOTES