Blood Pressure Log

For Patient:_____

Remember to :
Take your medications regularly
Eat a low sodium diet (2000mg or less)
Exercise often

Date	Time	Blood Pressure	Heart Rate	Time	Blood Pressure	Heart Rate	Comments

*Take your blood pressure sitting down with your back straight and arm supported on a flat surface.
*Check your BP 2 or 3 times, each a minute or two apart.
*Make sure your cuff is the right size and use according to manufacturer's recommendations.
*Bring in your monitor at least once to your doctor's office- to check accuracy.
*Take your BP at various times (for example, sometimes am, mid-day, pm)

Blood Pressure Log

For Patient:_____

Remember to :
Take your medications regularly
Eat a low sodium diet (2000mg or less)
Exercise often

Date	Time	Blood Pressure	Heart Rate	Time	Blood Pressure	Heart Rate	Comments