

Blood Pressure Log



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Please use this log to record the blood pressure and heart rate (pulse) readings you take at home. Note the date and time of day you take them. Write the blood pressure with the **systolic** number on the left and **diastolic** number on the right: 140/80 for example. **Bring this log with you when you talk to your health care provider.**

[illegible]

[illegible]

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.