MY BLOOD PRESSURE LOG*

(please copy this page if additional measurements are required)

My target ("healthy") HOME blood pressure is <____/____ mm Hg

I measure my blood pressure in my **Right / Left** arm (circle one)

Date	AM			PM			Medication Taken? Yes/No	Notes**
	1st BP Reading	2nd BP Reading	Average BP	1st BP Reading	2nd BP Reading	Average BP		
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* If my blood pressure reading says 158/88, 158 is my systolic blood pressure and 88 is my diastolic blood pressure.

** If my heart rate/pulse is less than 60 or greater than 100 beats per minute this can be recorded in the comment section above.

Measure blood pressure in the morning before medications and eating, and in the evening before going to bed, bathing or taking medications.