



My target home blood pressure is less than _____ / _____ **mm/Hg. I use my** **Right** **Left arm**
Systolic / Diastolic

REST for 5 minutes before taking the first blood pressure reading (#1).

WAIT 1 minute before taking the second blood pressure reading (#2).

MEASURE before taking your blood pressure medication & before eating or 2 hours after eating.

TAKE your blood pressure 10 to 12 hours apart when doing AM & PM measurements.

READ "How to Measure Your Blood Pressure at Home" for more information about proper home blood pressure measurements technique at www.hypertension.ca

DISCARD the readings of the first day and do the average of the last 6 days.

BRING my log and my medications to every appointment with my health care professional.

SAMPLE

| DATE | | TIME | COMMENTS | Heart Rate (beats per minute) | BP Reading #1 (mmHg) | | BP Reading #2 (mmHg) | |
|---------|----------------|---------|--------------|----------------------------------|----------------------|-----------|----------------------|-----------|
| | | | | | Systolic | Diastolic | Systolic | Diastolic |
| June 15 | Sample Morning | 8:00 AM | Meds at 9 AM | | 138 | 82 | 135 | 80 |
| | Sample Evening | 8:00 PM | Upset | | 157 | 92 | 154 | 90 |
| | Day 1 Morning | | | | | | | |
| | Day 1 Evening | | | | | | | |
| | Day 2 Morning | | | | | | | |
| | Day 2 Evening | | | | | | | |
| | Day 3 Morning | | | | | | | |
| | Day 3 Evening | | | | | | | |
| | Day 4 Morning | | | | | | | |
| | Day 4 Evening | | | | | | | |
| | Day 5 Morning | | | | | | | |
| | Day 5 Evening | | | | | | | |
| | Day 6 Morning | | | | | | | |
| | Day 6 Evening | | | | | | | |
| | Day 7 Morning | | | | | | | |
| | Day 7 Evening | | | | | | | |
| | Average | | | | | | | |

| DATE | | TIME | COMMENTS | Heart Rate (beats per minute) | BP Reading #1 (mmHg) | | BP Reading #2 (mmHg) | |
|------|---------------|------|----------|----------------------------------|----------------------|-----------|----------------------|-----------|
| | | | | | Systolic | Diastolic | Systolic | Diastolic |
| | Day 1 Morning | | | | | | | |
| | Day 1 Evening | | | | | | | |
| | Day 2 Morning | | | | | | | |
| | Day 2 Evening | | | | | | | |
| | Day 3 Morning | | | | | | | |
| | Day 3 Evening | | | | | | | |
| | Day 4 Morning | | | | | | | |
| | Day 4 Evening | | | | | | | |
| | Day 5 Morning | | | | | | | |
| | Day 5 Evening | | | | | | | |
| | Day 6 Morning | | | | | | | |
| | Day 6 Evening | | | | | | | |
| | Day 7 Morning | | | | | | | |
| | Day 7 Evening | | | | | | | |
| | Average | | | | | | | |