

# Home Blood Pressure Log



## What type of blood pressure monitor should I buy?

The blood pressure monitor you purchase should be proven accurate, and the monitor's cuff must properly fit your upper arm. Your health care professional can recommend a monitor and measure your arm to select the right cuff size. You should bring your monitor to your health care professional annually to have it checked for accuracy.



Recommended by  
Recommandé par  
**Hypertension Canada**  
Gold | Or

To help you in your purchasing decisions, Hypertension Canada provides a list of recommended monitors which have been proven accurate in research studies at [hypertension.ca](http://hypertension.ca). Many of these recommended devices will carry the symbols shown to the right on their packaging.



Recommended by  
Recommandé par  
**Hypertension Canada**  
Silver | Argent

## What is my target blood pressure?

Ideally, blood pressure should be below 120/80 mmHg to maintain good health and reduce the risk of stroke, heart disease and other conditions. However, the target depends on factors like age, health conditions, and whether the reading is being taken at home or your health care professional's office. If you have diabetes, kidney disease or other health conditions, speak to your health care professional about your readings and the treatment that is right for you. Remember, only your health care professional can tell you exactly what your target blood pressure should be.

Systolic	Diastolic	Action
Below 120	Below 80	Maintain or adopt healthy behaviours.
120-139	80-89	Maintain or adopt healthy behaviours.
140-159	90-99	Adopt healthy behaviours. If goal isn't reached in a month, talk to your health care professional about taking medication(s).
160 and higher	100 and higher	Adopt healthy behaviours. Talk to your health care professional about taking medication(s).

*These blood pressure targets are for adults under the age of 80. Ranges may be lower for children and teenagers. Talk to your child's health care professional if you think your child has high blood pressure. Ranges may be higher for people over the age of 80.*

## When should I take my measurements?

- Before taking your blood pressure medication
- At least two hours after a meal
- After emptying bladder and bowel
- One hour after drinking coffee or smoking
- Thirty minutes after exercise
- Always after resting five minutes, without talking

## Measuring blood pressure the right way:

- Comfortable, distraction-free environment
- Without talking or moving
- In the sitting position with back supported
- Legs uncrossed with feet flat on the floor
- Arm bare with lower edge of cuff 3cm above elbow
- Arm supported with middle of cuff at heart level

Every year, with your health care professional, review the technique for measuring your blood pressure properly, and check that your device is in good condition.

My target blood pressure at home is less than:

/

mmHG

systolic

diastolic

I use my: ☐ Right Arm ☐ Left Arm

Date		Time	Comments	Heart Rate (beats/min)	BP Reading #1		BP Reading #2	
					Systolic	Diastolic	Systolic	Diastolic
June 15	Sample Morning	8:00 a.m.	Meds at 9 a.m.		138	82	135	80
	Sample Evening	8:00 p.m.	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 day 2 to day 7							