

# Blood Pressure Log

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Instructions:

- Measure your blood pressure 2 times a day, once in the morning, and once in the afternoon or evening. Try to measure your blood pressure around the same time each day.
- Blood pressure readings are most accurate if you sit quietly for a few minutes before taking your blood pressure. Make sure your legs are uncrossed and your arm is resting on a table with the cuff about the same height as your heart.
- Make sure and record your blood pressure and then share your blood pressure log with your doctor. This will allow you and your doctor to work as a team.

Date	AM	PM

Date	AM	PM



**Select  
Health**