

# My Blood Pressure Log

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

My Blood Pressure Goal: \_\_\_\_\_ mmHg

## Instructions:

- Measure your blood pressure twice a day – in the morning before taking your medications and in the evening before going to bed. Take at least 2 readings 1-minute apart each time.
- For best results, sit comfortably with both feet on the floor for at least 5 minutes before taking a measurement. Sit calmly and don't talk.
- When taking your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your health care professional at each visit.

## Blood Pressure Categories for Adults

Blood Pressure Category	Systolic Blood Pressure		Diastolic Blood Pressure
Normal	Less than 120	and	Less than 80
Elevated	120 to 129	and	Less than 80
Hypertension Stage 1	130 to 139	or	80 to 89
Hypertension Stage 2	140 or higher	or	90 or higher

Source: 2017 ACC/AHA Guideline for the Management of High Blood Pressure. Copyright 2017 American College of Cardiology. All rights reserved.

	DATE	TIME	COMMENTS	BP READING #1		BP READING #2	
				Systolic	Diastolic	Systolic	Diastolic
Sample Morning	May 15	8am	Meds at 9am	138	82	135	80
Sample Evening	May 15	8pm	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							