

	,
NAME	
DOB	

## **BLOOD PRESSURE LOG**

- Rest for 5 min before measuring. Avoid caffeine, smoking, or exercise for 30 min prior
- Sit upright, feet flat on the floor, and your arm resting at heart level
- Take your blood pressure. If rechecking, wait at least 5 minutes between readings

For readings 160/110 mmHg or above, or any concerning symptoms, seek care immediately.

MEDICATION (if any)	MORNING	AFTERNOON	EVENING
ex: amlodipine	5mg at 0900		

Date	MORNING	If repeated	AFTERNOON	If repeated	EVENING	If repeated	Comments