



My Blood Pressure Log

Name _____ My Blood Pressure Goal _____ mm Hg

Instructions • Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day. • For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement. • When you measure 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 doctor at every visit.

| DATE | TIME | SBP | DBP | NOTES |
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