Blood Pressure Log

Name _____ Goal _____

Tips: Sit quietly for 5 minutes first · Back supported, feet flat, legs uncrossed · Cuff on bare upper arm at heart level · No caffeine, smoking or exercise for 30 minutes before · Take 2 readings 1 minute apart and write both down

Date	Time	Systolic (top)	Diastolic (bottom)	Pulse	Arm (L/R)	Medications taken	Notes (symptoms, stress, missed dose)

Free printable from thenewsbakery.com/printables/blood-pressure-log/

Rather use your phone? My Blood Pressure Journal logs readings, charts trends and makes a doctor report. $4.99 once.

A log, not medical advice.