Home Blood Pressure Log

Name: _____

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Idea	al Blood	Pressure:
les	s than	120/80

	Time Meds	Time	Blood	Time	Blood	Comments
Date	Taken*	(AM)	Pressure	(PM)	Pressure	(e.g., Stressful day at work)
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^{*}Important! Indicate the time you took your blood pressure medication.

Guidelines for Taking Your Blood Pressure

Go through this checklist before taking your blood pressure. Otherwise, you can end up with an artificially high or low blood pressure.

1. Are using the correct size blood pressure cuff.
2. Arm is in correct position: level with your heart and palm is facing up.
3. Have rested comfortably for 3-5 minutes.
4. Are sitting comfortably, legs uncrossed, feet flat on the floor with back
and arm supported.
5. Are not under stress or anxiety. No muscle tension.
6. Are quiet and not talking.
7. Have an empty bladder.
8. Have not had caffeine or alcohol for at least 30 minutes.
9. Have not had tobacco for at least 30 minutes.
10. Room temperature is comfortable and not cold.
11. Are not dehydrated.

