



My Blood Pressure Log

Name: _____

My Blood Pressure Goal: _____ mm Hg

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 two readings one minute apart each time.
- For best results, sit comfortably with both feet on the floor for at least five 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 every visit.

Learn more about
[monitoring your
blood pressure
at home.](#)

DATE	AM	PM

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