

Blood Pressure Log

Please use this log to record the blood pressure and heart rate (pulse) readings you take at home.

- Note the date and time of day you take your reading
- Write your blood pressure with the systolic number on the left and the diastolic number on the right. For example: 120/80
- Bring this log with you when you talk to your healthcare provider

Date	Time of Day	Blood Pressure Systolic / Diastolic	Heart Rate (Pulse)	Comments
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