



BLOOD PRESSURE WEEKLY LOG

- 1 Take this record with you when you visit your healthcare team.
- 2 Improper use can cause an inaccurate reading of your blood pressure device.
- 3 For proper assessment of blood pressure, check BP for 7 consecutive days. Each day, take 2 readings in morning and 2 readings in evening.

My target blood pressure at home is: _____ / _____
(mm/Hg) (mm/Hg)

Arm used:
R L

| | Date | Time | BP Reading #1 (mm/Hg) | | Heart Rate (BPM) | BP Reading #2 (mm/Hg) | | Heart Rate (BPM) | Comments |
|------------|-----------|---------|--------------------------|-----------|---------------------|--------------------------|-----------|---------------------|----------|
| | | | Systolic | Diastolic | | Systolic | Diastolic | | |
| Sample Day | Mar 21/20 | 7:30 AM | 125 | 80 | 72 | 128 | 82 | 75 | Tired |
| | | 7:30 PM | 150 | 90 | 86 | 145 | 85 | 83 | Tense |
| Day 1 | | AM | | | | | | | |
| | | PM | | | | | | | |
| Day 2 | | AM | | | | | | | |
| | | PM | | | | | | | |
| Day 3 | | AM | | | | | | | |
| | | PM | | | | | | | |
| Day 4 | | AM | | | | | | | |
| | | PM | | | | | | | |
| Day 5 | | AM | | | | | | | |
| | | PM | | | | | | | |
| Day 6 | | AM | | | | | | | |
| | | PM | | | | | | | |
| Day 7 | | AM | | | | | | | |
| | | PM | | | | | | | |
| Average BP | | | | | | | | | |