American Heart Association.

My Blood Pressure Log

Name: _____

My Blood Pressure Goal: _____ mm Hg

Instructions:

- Check your blood pressure for 3 days (minimum) to 7 days (preferred) before your appointment with your health care professional. You should take two readings, one minute apart twice a day. Two readings in the morning before taking your medication and eating, and two readings at bedtime before sleep.
- Before you measure no smoking, caffeinated beverages, alcohol or exercise 30 minutes prior, use a validated device with the correct cuff size, and empty your bladder.
- For accurate results, sit upright with back supported, feet on floor, and legs uncrossed. Sit quietly for more than 5 minutes and do not talk.
- When taking your blood pressure, rest your arm on a flat surface so the blood pressure cuff is at heart level. Wrap the cuff on your bare skin above the bend of the elbow, not over clothing.
- Record your blood pressure on this sheet and show it to your health care professional at every visit.

DATE	AM	PM

DATE	AM	PM

Learn more about monitoring your blood pressure at home.

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