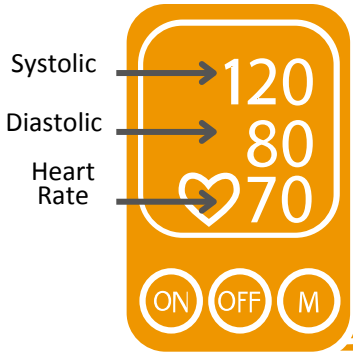
MY BLOOD PRESSURE LOG

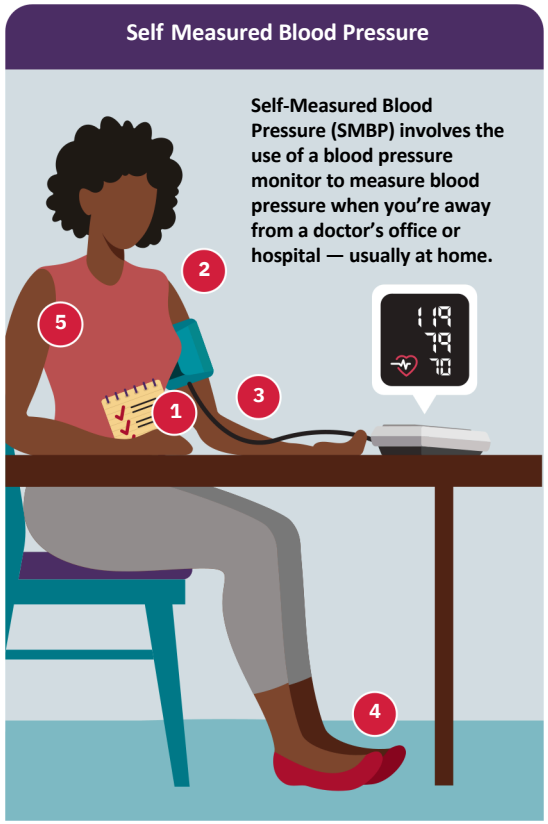
MONTH: _____

TARGET BLOOD PRESSURE: _____ / _____

Tips for keeping track of your blood pressure at home:

- Take your blood pressure at the same time every day.
- Check your equipment. Take at least two readings, 1 or 2 minutes apart. Record the 2nd reading, if both readings are similar.





1. Prepare for your blood pressure reading:
   - Avoid exercising, eating a meal, drinking caffeine, or smoking for 30 min before.
   - If you are on blood pressure medication, measure your blood pressure before you take your medication.
   - Go to the bathroom and empty your bladder beforehand.
   - Find a quiet space with a table and chair and no distractions.
   - Sit and relax for 5 minutes before taking your blood pressure reading.
2. Uncover your upper arm and put the blood pressure cuff above the elbow and mid-arm. Do not put the cuff over your clothing.
3. Rest your arm on the table so it's supported and the blood pressure cuff around your upper arm is located at heart level. Keep your arm supported and your palms up.
4. While taking your reading, make sure your feet are uncrossed and flat on the floor.
5. Sit up straight in a chair—make sure your back is supported. Stay calm and relaxed. Don't talk or watch TV while taking your reading.

source: nhbli.nih.gov/hypertension

NMC health
Your Health. Our Focus.

NIH National Heart, Lung, and Blood Institute

THE heart TRUTH

DATE	TIME	SYSTOLIC	DIASTOLIC	TOOK MEDS (Y/N)	NOTES