BLOOD PRESSURE LOG

Name: **My blood pressure target goal is: _____/_____mmHg**

Date	Time	Blood Pressure (systolic/diastolic)	Heart rate (pulse)	Comments
EXAMPLE 30/04/2009	8:00pm	130/80	85	At pharmacy
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Instructions:

- Take your blood pressure at the same time each day (e.g. morning or evening), or as your health care professional recommends
- Sit up with your back straight and supported and your feet flat on the floor
- Support your arm on a flat surface with your upper arm at heart level
- Seek medical attention as soon as possible if your blood pressure is higher than 180/110 mmHg

University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital