



### BLOOD PRESSURE LOG

Name: \_\_\_\_\_

My blood pressure target goal is: \_\_\_\_ / \_\_\_\_ mmHg

EXAMPLE

Date	Time	Blood Pressure (systolic/diastolic)	Heart rate (pulse)	Comments
29 Oct 2012	8:00pm	130/80	85	At doctor's office
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- Instructions:**
- Take your blood pressure at the same time(s) each day (e.g. morning or evening), or as recommended by your health care team
  - 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