



# 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									