GENESIS MEDICAL
ASSOCIATES, INC.
A TRADITION OF QUALITY HEALTHCARE

HEYL FAMILY PRACTICE

Blood Pressure Log

Things to Consider When Taking Your Blood Pressure:

- ✓ Monitor your blood pressure daily.
- ✓ Make sure you are in a relaxed state (emotionally and physically) when taking your blood pressure.
- ✓ Make sure you are seated with your feet flat on the floor while you take your blood pressure.
- ✓ When assessing your blood pressure reading, the goal is to have a reading lower than 140/90

Date	Time	Systolic/Diastolic		Pulse	Comments

Date	Time	Systolic/Diastolic		Pulse	Comment