Diverse Community HEALTHCARE

MY BLOOD PRESSURE LOG

Track your readings daily for better health management

Name: Doctor: Target BP: / mm Hg

Instructions:

- Check your blood pressure for at least 3 days before your appointment (7 days preferred).
- Take 2 readings, 1 minute apart, twice daily.
  Morning: Take 2 readings before eating or taking medication.
  Evening: Take 2 readings before bedtime.
- Avoid smoking, caffeine, alcohol, and exercise for 30 minutes before measuring.
- Use a validated blood pressure monitor with the correct cuff size.
- Empty your bladder before taking your readings.
- Sit upright with your back supported.
- Keep both feet flat on the floor and legs uncrossed.
- Rest quietly for at least 5 minutes before measuring.
- Do not talk during the measurement.
- Rest your arm on a flat surface at heart level.
- Place the cuff on bare skin, above your elbow.
- Do not place the cuff over clothing.
- Record all blood pressure readings.
- Bring your blood pressure record to every appointment.

DATE	AM	PM

DATE	AM	PM

Normal BP: below 120/80 mmHg | Elevated: 120-129/<80 | High: 130+/80+