

Blood Pressure Log

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Name	Target BP (from your doctor)	Monitor & arm used
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How to measure

1. Sit quietly for 5 minutes, back supported, feet flat, arm resting at heart level.
2. Take 2 readings 1-2 minutes apart, morning and evening. Write down both.
3. Record every reading, including high ones. Note anything unusual.

AHA/ACC ranges (mmHg)

Normal	below 120 and below 80
Elevated	120-129 and below 80
Stage 1	130-139 or 80-89
Stage 2	140 or higher, or 90 or higher
Severe	above 180 and/or above 120

Above 180/120? Wait a minute and measure again. If it's still that high, call your doctor. With chest pain, shortness of breath, weakness, vision changes or trouble speaking, call emergency services.

Week of: _____

Day	Morning		Evening		Notes (meds, caffeine, sleep, stress)
	1st: sys/dia · pulse	2nd: sys/dia · pulse	1st: sys/dia · pulse	2nd: sys/dia · pulse	
1					
2					
3					
4					
5					
6					
7					

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Reading log

[illegible]