



Patient's Name: _____ **Blood Pressure Goal:** _____ mm Hg

Doctor/Clinic: _____ **Month/Year:** _____

- Sit quietly for 5 minutes before measuring. Keep your feet flat on the floor and rest your arm at heart level.
- Position the cuff correctly and wrap it securely around your upper arm (on bare skin, not over clothing), about one inch above the elbow.
- Stay still and silent while the cuff inflates. Note the systolic (*SBP*), diastolic (*DBP*), and pulse readings, along with any symptoms such as dizziness or headache.
- Measure at the same times each day and show your completed log to your healthcare professional at every visit.

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