



MONTHLY BLOOD PRESSURE LOG

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

Blood Pressure Goal: _____ mm Hg

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

Month/Year: _____

Checking Blood Pressure at Home:

- Sit quietly for 5 minutes before measuring. Keep your feet on the floor and rest your arm on a flat surface 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.