7-day blood pressure log

Name _____ Week of _____

Each morning and each evening, take 2 readings 1 minute apart and write both down. Before you start: no caffeine, smoking or exercise for 30 minutes, then sit quietly for 5 minutes with your arm resting at heart level.

Day	When	Time	Reading 1			Reading 2			Notes
			Top (systolic)	Bottom (diastolic)	Pulse	Top (systolic)	Bottom (diastolic)	Pulse	
Day 1 Date:	**Morning**								
	Evening								
Day 2 Date:	**Morning**								
	Evening								
Day 3 Date:	**Morning**								
	Evening								
Day 4 Date:	**Morning**								
	Evening								
Day 5 Date:	**Morning**								
	Evening								
Day 6 Date:	**Morning**								
	Evening								
Day 7 Date:	**Morning**								
	Evening								

Average Top (systolic) _____ Bottom (diastolic) _____ Work it out free at bpnotebook.com/blood-pressure-average-calculator

Free to print and copy, from **bpnotebook.com**. For your own records only: it does not give medical advice. In a medical emergency, call your local emergency number.

Rather use your phone? BP Notebook keeps this log, draws charts and makes a PDF for your doctor. Free on Google Play.