Blood pressure log

Name _____

Sit quietly for 5 minutes first. Take 2 readings, 1 minute apart. Write down both.

Date and time	Top number (systolic)	Bottom number (diastolic)	Pulse	Notes

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.