Blood pressure log

Name _____ Month _____

Tips from the American Heart Association: no caffeine, smoking or exercise for 30 minutes before. Sit quietly for 5 minutes with your arm resting at heart level. Take 2 readings 1 minute apart, at the same time each day, and write both down.

Date	Morning				Evening				Notes (arm, medicines, how you feel)
	Time	Top (systolic)	Bottom (diastolic)	Pulse	Time	Top (systolic)	Bottom (diastolic)	Pulse	

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.