



# BLOOD PRESSURE LOG

My Blood Pressure Target Goal is \_\_\_\_\_ / \_\_\_\_\_ mm/Hg

DATE/TIME	BLOOD PRESSURE	PULSE	COMMENTS
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## INSTRUCTIONS

1. When you take your blood pressure, sit in a chair with your back straight and supported and your feet flat on the floor.
2. Your arm should be supported on a flat surface with the upper arm at heart level.
3. Refer to the instructions page of your blood pressure manual to make sure that you have placed the cuff correctly.
4. Don't smoke, drink caffeinated beverages or exercise within 30 minutes before measuring your blood pressure.