

BLOOD PRESSURE LOG

Daily Monitoring Record

Target: < 120/80 mmHg

Name: _____

Month/Year: _____

DATE	MORNING (AM)			EVENING (PM)			NOTES (MEDICATION, STRESS, DIET)
	TIME	SYS/DIA	PULSE	TIME	SYS/DIA	PULSE	

DATE	MORNING (AM)			EVENING (PM)			NOTES (MEDICATION, STRESS, DIET)
	TIME	SYS/DIA	PULSE	TIME	SYS/DIA	PULSE	

* Instructions: Rest for 5 minutes before measuring. Keep arm at heart level. Do not talk during reading.