

# BLOOD PRESSURE LOG

Name: \_\_\_\_\_

Month/Year: \_\_\_\_\_

DATE	TIME	READING (MMHG)		PULSE	NOTES (ACTIVITY, CAFFEINE, STRESS)
		SYSTOLIC	DIASTOLIC		

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**Guidelines:** Sit quietly for 5 minutes before measuring. Keep feet flat on the floor and arm at heart level. Avoid caffeine, smoking, or exercise 30 minutes prior to reading.