Hypertension CANADA | My Home Blood Pressure Log

My target home blood pressure is less than _____ / _____ **mm/Hg. I use my** ☐ **Right** ☐ **Left arm**

Systolic / Diastolic

REST for 5 minutes before taking the first blood pressure reading (#1).

WAIT 1 minute before taking the second blood pressure reading (#2).

MEASURE before taking your blood pressure medication & before eating or 2 hours after eating.

TAKE your blood pressure 10 to 12 hours apart when doing AM & PM measurements.

READ "Measure Blood Pressure at Home" for more information about proper home blood pressure measurements techique at www.hypertension.ca

DISCARD the readings of the first day and do the average of the last 6 days.

BRING your log and your medications to every appointment with your healthcare professional.

─SAMPLE─

DATE		TIME	COMMENTS	Heart Rate (beats per minute)	BP Reading #1 (mmHg) Systolic	Diastolic	BP Reading #2 (mmHg) Systolic	Diastolic
June 15	Sample Morning	8:00 AM	Meds at 9 AM		138	82	135	80
	Sample Evening	8:00 PM	Upset		157	92	154	90
	Day 1 Morning							
	Day 1 Evening							
	Day 2 Morning							
	Day 2 Evening							
	Day 3 Morning							
	Day 3 Evening							
	Day 4 Morning							
	Day 4 Evening							
	Day 5 Morning							
	Day 5 Evening							
	Day 6 Morning							
	Day 6 Evening							
	Day 7 Morning							
	Day 7 Evening							
	Average day 2 to day 7							

DATE		TIME	COMMENTS	Heart Rate (beats per minute)	BP Reading #1 (mmHg) Systolic	Diastolic	BP Reading #2 (mmHg) Systolic	Diastolic
	Day 1 Morning							
	Day 1 Evening							
	Day 2 Morning							
	Day 2 Evening							
	Day 3 Morning							
	Day 3 Evening							
	Day 4 Morning							
	Day 4 Evening							
	Day 5 Morning							
	Day 5 Evening							
	Day 6 Morning							
	Day 6 Evening							
	Day 7 Morning							
	Day 7 Evening							
	Average day 2 to day 7							