

14-day log for your doctor

Rest 5 minutes. No talking. Back supported, feet flat, bare arm, cuff at heart level. Same arm every time. No caffeine, exercise, or nicotine for 30 minutes.

Name

Date of birth

Arm (L/R)

Cuff size

Monitor

Blood pressure medicines (name and dose)

		MORNING				EVENING					
Day	Date	Time	SYS	DIA	HR	Time	SYS	DIA	HR	How you felt / missed dose	
1											
2											
3											
4											
5											
6											
7											

SYS = top number. DIA = bottom number. HR = pulse. Two readings? Wait 1 minute and write the second.
Emergency care for chest pain, trouble breathing, one-sided weakness, trouble speaking, or a severe headache with a very high reading.

Days 8–14

Name

Same arm. Same time of day when you can.

		MORNING				EVENING				
Day	Date	Time	SYS	DIA	HR	Time	SYS	DIA	HR	How you felt / missed dose
8										
9										
10										
11										
12										
13										
14										

FOR THE CLINICIAN

Average the readings. Day 1 is optional to leave out. A home average at or above 130/80 is a common review point — confirm this patient's target.

AM avg / PM avg / Overall / HR

Pattern

Plan