

My Home Blood Pressure Log

My target home blood pressure is less than _____/ mm/Hg. I use my \Box Right \Box 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 "How to Measure Your 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 my log and my medications to every appointment with my health care professional.

-SAMPLE-

DATE		711.45		Heart Rate	BP Reading	#1 (mmHg)	BP Reading #2 (mmHg)	
DATE		TIME	COMMENTS	(beats per minute)		Diastolic	Systolic	Diastolic
June 15	Sample Morning	8:00 AM	Meds at 9 AM		138	82	135	80
	Sample Evening	8:00 PM	Vpset		157	92	154	90
1	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							



DATE		TIME	COMMENTS	Heart Rate (beats per minute)	BP Reading Systolic	#1 (mmHg) Diastolic	BP Reading Systolic	#2 (mmHg) 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							

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