

Home Blood Pressure Log

Date		Time	Comments	Heart Rate	Blood Pressure Reading #1		Blood Pressure Reading #2	
					Systolic	Diastolic	Systolic	Diastolic
May 4	Sample AM	8:00 AM		88	124	82	126	88
	Sample PM	8:00 PM		82	128	82	128	80
	Morning							
	Evening							
	Morning							
	Evening							
	Morning							
	Evening							
	Morning							
	Evening							
	Morning							
	Evening							
	Morning							
	Evening							

When should I take my measurements?

- Before taking your blood pressure medication
- At least two hours after a meal
- After emptying bladder and bowel
- One hour after drinking coffee or smoking
- Thirty minutes after exercise
- Always after resting five minutes, without talking

Measuring blood pressure the right way:

- Comfortable, distraction-free environment
- Without talking or moving
- In the sitting position with back supported
- Legs uncrossed with feet flat on the floor
- Arm bare with lower edge of cuff 3cm above elbow
- Arm supported with middle of cuff at heart level