



BLOOD PRESSURE LOG

For the most accurate reading, follow these simple steps:

- Sit comfortably in a chair, preferably with arms or at a table.
- Feet flat on the floor. Rest your arm at heart level on a table or chair.
- Try to sit and rest quietly for up to 5 minutes before taking your blood pressure.
- Make notes on how you are feeling and any concerns to remember for your care team.
- Try to take your blood pressure at the same time each day.

DATE	TIME	READING (EX: 110/68)	WEIGHT	NOTES <i>How are you feeling? Any concerns for your care team?</i>

Scan to learn more





BLOOD PRESSURE LOG

[illegible]

Scan to learn more

