



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 “How to Measure Your Blood Pressure at Home” for more information about proper home blood pressure measurements technique 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	TIME	COMMENTS	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
				Systolic	Diastolic	Systolic	Diastolic
Sample Morning	June 15	8:00 AM	Meds at 9 AM	138	82	135	80
Sample Evening	June 15	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							

	DATE	TIME	COMMENTS	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
				Systolic	Diastolic	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							