


# BLOOD PRESSURE LOG

This blood pressure log will help your healthcare provider see how well your treatment is working. Please bring this blood pressure log to all of your appointments.

**DIRECTIONS:** Follow the instructions your healthcare provider gave you about how to take your blood pressure. Take your blood pressure twice a day, around the same times, and record the information on the log. Please let your healthcare provider know if you have any questions or concerns.

Please call \_\_\_\_\_  
 if your top (systolic) number is over \_\_\_\_\_ and/or your  
 bottom (diastolic) number is over \_\_\_\_\_ two readings in  
 a row. You may need to make a change to your medicine.



Day 1 Date	Time	BP Reading	Day 2 Date	Time	BP Reading	Day 3 Date	Time	BP Reading
		/			/			/
		/			/			/
Day 4 Date	Time	BP Reading	Day 5 Date	Time	BP Reading	Day 6 Date	Time	BP Reading
		/			/			/
		/			/			/
Day 7 Date	Time	BP Reading	Day 8 Date	Time	BP Reading	Day 9 Date	Time	BP Reading
		/			/			/
		/			/			/

Day 10 Date	Time	BP Reading	Day 11 Date	Time	BP Reading	Day 12 Date	Time	BP Reading
		/			/			/
		/			/			/
Day 13 Date	Time	BP Reading	Day 14 Date	Time	BP Reading	Day 15 Date	Time	BP Reading
		/			/			/
		/			/			/
Day 16 Date	Time	BP Reading	Day 17 Date	Time	BP Reading	Day 18 Date	Time	BP Reading
		/			/			/
		/			/			/
Day 19 Date	Time	BP Reading	Day 20 Date	Time	BP Reading	Day 21 Date	Time	BP Reading
		/			/			/
		/			/			/
Day 22 Date	Time	BP Reading	Day 23 Date	Time	BP Reading	Day 24 Date	Time	BP Reading
		/			/			/
		/			/			/
Day 25 Date	Time	BP Reading	Day 26 Date	Time	BP Reading	Day 27 Date	Time	BP Reading
		/			/			/
		/			/			/

*This information is not intended to replace the medical advice of your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition or treatment.*

