

# Blood Pressure Log



Read 'How to Measure Your BP at Home' for the best way to take your BP. Take your blood pressure. Wait 5 minutes and take it again. Do this twice a day, morning and night. Write down your results on the form below and share with your provider.

**Be sure to include:**

- Date and time of day you took the readings.
- Blood pressure with systolic number on the left and diastolic number on the right (e.g., 130/80).
- If necessary, add comments such as whether you took medications or felt anxious or upset.

**What to do if your blood pressure numbers are elevated<sup>1</sup>:**

- If your systolic pressure is above 180 and/or your diastolic pressure is above 120 AND you are displaying symptoms (chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking), go to the emergency department.
- If your systolic pressure is above 180 and/or your diastolic pressure is above 120 with no symptoms, contact your provider’s office.
- If your systolic pressure is above 140 and/or your diastolic pressure is above 90 for over two weeks, please call your provider’s office.
  - » You can take a picture of this log and load it into your electronic health record to share with your provider.

**My target home blood pressure is less than \_\_\_\_\_ / \_\_\_\_\_ mmHg.**  
 systolic / diastolic

Date		Time	Comments	Heart Rate (beats per min)	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
					Systolic	Diastolic	Systolic	Diastolic
Example 11-19-24	AM	8:30 AM	Meds at 9AM	75	138	82	135	80
	PM	8:00 PM	upset	84	157	92	154	90
	AM							
	PM							
	AM							
	PM							
	AM							
	PM							
	AM							
	PM							
	AM							
	PM							
	AM							
	PM							

1. American Heart Association. (n.d.). Understanding blood pressure readings. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

