



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., 140/90).
- 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:

- If your blood pressure is over 180/120, go to urgent care or the emergency department.
- 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
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