Heart Healthy Lenoir

High Blood Pressure Study

My Blood Pressure Log

Name:_____

My Home Blood Pressure Goal Is: _____/_____

- ❑ Arm Monitor
- ❑ Wrist Monitor

My blood pressure is taken by placing the cuff on my Left / Right arm (circle one)

American Heart Association
Learn and Live

Things to remember about your home blood pressure monitor:

- Take your blood pressure at least 3 times per week. It is helpful to have blood pressure readings from different times of the day. For instance , take some blood pressures first thing in the morning before you take any of your medicines & take some blood pressures later in the day or evening.
- Always bring your home blood pressure monitor & your blood pressure log book to every doctor's visit & to every study visit.
- Record in the "notes" section about what was going on when you took your blood pressure. For example, missing a dose of medication, or your family visiting may be notes to record.

Date/Time	Reading 1		Reading 2		Reading 3		Notes (from you or your provider)
	BP	Heart Rate (pulse)	BP	Heart Rate (pulse)	BP	Heart Rate (pulse)	
Example: 8/8/11, 8pm	132/85	81	130/80	70	126/80	72	Medication changed to 100 mg, 2 times/day

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