



# 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](http://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	Heart Rate (beats per minute)	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
					Systolic	Diastolic	Systolic	Diastolic
June 15	Sample Morning	8:00 AM	Meds at 9 AM		138	82	135	80
	Sample Evening	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	Heart Rate (beats per minute)	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							