Blood pressure log

BPlus · bloodpressuremonitor.app

Name _____ **Week starting** _____ **Arm used** ☐ Left ☐ Right **Monitor** _____

Before each reading: no caffeine, exercise or smoking for 30 minutes, and empty your bladder. Sit quietly for 5 minutes with your back supported, feet flat and arm at heart level. Take 2 readings 1 minute apart, every morning and evening, for 7 days.

Day	Date	Morning			Evening			Notes
		Time	Reading 1	Reading 2	Time	Reading 1	Reading 2	
1			/ Pulse	/ Pulse		/ Pulse	/ Pulse	
2			/ Pulse	/ Pulse		/ Pulse	/ Pulse	
3			/ Pulse	/ Pulse		/ Pulse	/ Pulse	
4			/ Pulse	/ Pulse		/ Pulse	/ Pulse	
5			/ Pulse	/ Pulse		/ Pulse	/ Pulse	
6			/ Pulse	/ Pulse		/ Pulse	/ Pulse	
7			/ Pulse	/ Pulse		/ Pulse	/ Pulse	

Average of days 2 to 7: _____ / _____ **mmHg**

Bring this sheet to your next appointment.

Free printable from bloodpressuremonitor.app. Prefer your phone? The BPlus app logs, averages and exports your readings.