WELL-BEING
a tribe planted with purpose

My Blood Pressure Log

Name_____

Instructions

- Measure your blood pressure twice a day—morning and late afternoon—at about the same time every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit. If there are changes happening please share with your doctor before your next scheduled visit.

DATE	AM	PM

DATE	AM	PM

Please communicate with your provider weekly and follow their recommendations.
If your reading does go below 100/60 or, if your blood pressure reading is consistently less than 120/80 mm Hg, please contact your Provider