

Blood Pressure Log

WEEK OF _____ - _____ - _____

SUNDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: High blood pressure is a risk factor for heart disease, kidney disease and stroke.						
MONDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Rest for 10 minutes before you take your blood pressure reading.						
TUESDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Make sure you wait 5 minutes before taking a second reading.						
WEDNESDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Optimal blood pressure is 115/75.						
THURSDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Blood pressure is the force exerted by blood against the walls of the arteries.						
FRIDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Systolic pressure occurs when the heart contracts.						
SATURDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Diastolic pressure occurs when the heart expands.						
WEEKLY NOTES:					S = Systolic D = Diastolic	