### horizontal line**Generic Blood Pressure Log**

#### **Personal Information**

* Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Physician/Doctor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### **Instructions for Use:**

1. Take readings consistently at the same time daily for accurate comparisons.
2. Record measurements after resting for 5 minutes in a calm environment.
3. If multiple readings are taken, log the average for clarity.
4. Add notes on any symptoms, medications, or activities before the measurement.

| **Date** | **Time** | **Systolic (mmHg)** | **Diastolic (mmHg)** | **Pulse (BPM)** | **Notes (Symptoms or Observations)** |
| --- | --- | --- | --- | --- | --- |
| YYYY-MM-DD | HH:MM |  |  |  |  |
| YYYY-MM-DD | HH:MM |  |  |  |  |
| YYYY-MM-DD | HH:MM |  |  |  |  |

**Weekly Averages**

| **Week Starting** | **Systolic Average (mmHg)** | **Diastolic Average (mmHg)** | **Pulse Average (BPM)** | **Observations** |
| --- | --- | --- | --- | --- |
| YYYY-MM-DD |  |  |  |  |