

Name:

Home Blood Pressure Monitoring Log Sheet

Instructions:

- Take your blood pressure twice daily approximately at the same times.
- Take 1-3 readings spaced a minute apart and record the lowest (best) of the three in the table.
- Record for at least 5 consecutive days (max a week)
- Sit comfortably in a relaxed environment, preferably for 5-10 minutes before taking the readings.
- Sit with your back straight and your feet placed on the floor. Your arm should be straight and supported on a flat surface.

Date/Time	AM		PM		Comments
	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	
EXAMPLE	155/74	84	148/86	78	Quiet day
	/		/		
	/		/		
	/		/		
	/		/		
	/		/		