Blood Pressure Log

Record two readings, pulse and notes to discuss with your provider

FREE BRANDED PDF

- AM and PM rows, 2 readings each, with averages and pulse
- Space for medications taken, symptoms and notes
- A weekly summary page to spot patterns before your visit
- Print one set per month, or fill it in on a tablet / PDF reader

How to use this: Download, save or print. Logs and planning forms can also be completed electronically in a PDF reader. Completed forms stay on your device — these PDFs do not submit information to our office.

Blood Pressure Log — How to Use It

- Take readings at the same times each day, usually morning (before medication and food) and evening.
- Sit quietly 5 minutes first, back supported, feet flat, legs uncrossed, arm supported at heart level, cuff on bare skin.
- Take Reading 1, wait 1 minute, take Reading 2. Write both down, plus your pulse. Average = (Reading 1 + Reading 2) ÷ 2.
- Circle or note any symptoms to mention to your provider: headache, dizziness, blurred vision, chest discomfort, shortness of breath.
- Bring this log to every appointment — or copy your 7-day average onto the summary page at the back.

If a reading is higher than 180 and/or higher than 120: no emergency symptoms — call your provider the same day. With chest pain, shortness of breath, back pain, numbness, weakness, vision change or difficulty speaking — call 911.

Name: _____ Monitor / cuff size: _____ Provider: _____

Blood Pressure Log — Week 1

	Reading 1	Reading 2	Average	Pulse	Notes / symptoms
Day 1 — AM					
Day 1 — PM					
Day 2 — AM					
Day 2 — PM					
Day 3 — AM					
Day 3 — PM					
Day 4 — AM					
Day 4 — PM					
Day 5 — AM					
Day 5 — PM					
Day 6 — AM					
Day 6 — PM					
Day 7 — AM					
Day 7 — PM					

Weekly summary — my AM average / PM average / what I noticed:

Blood Pressure Log — Week 2

	Reading 1	Reading 2	Average	Pulse	Notes / symptoms
Day 1 — AM					
Day 1 — PM					
Day 2 — AM					
Day 2 — PM					
Day 3 — AM					
Day 3 — PM					
Day 4 — AM					
Day 4 — PM					
Day 5 — AM					
Day 5 — PM					
Day 6 — AM					
Day 6 — PM					
Day 7 — AM					
Day 7 — PM					

Weekly summary — my AM average / PM average / what I noticed:

Blood Pressure Log — Week 3

	Reading 1	Reading 2	Average	Pulse	Notes / symptoms
Day 1 — AM					
Day 1 — PM					
Day 2 — AM					
Day 2 — PM					
Day 3 — AM					
Day 3 — PM					
Day 4 — AM					
Day 4 — PM					
Day 5 — AM					
Day 5 — PM					
Day 6 — AM					
Day 6 — PM					
Day 7 — AM					
Day 7 — PM					

Weekly summary — my AM average / PM average / what I noticed:

Blood Pressure Log — Week 4

	Reading 1	Reading 2	Average	Pulse	Notes / symptoms
Day 1 — AM					
Day 1 — PM					
Day 2 — AM					
Day 2 — PM					
Day 3 — AM					
Day 3 — PM					
Day 4 — AM					
Day 4 — PM					
Day 5 — AM					
Day 5 — PM					
Day 6 — AM					
Day 6 — PM					
Day 7 — AM					
Day 7 — PM					

Weekly summary — my AM average / PM average / what I noticed: