



BLOOD PRESSURE LOG

NAME: _____

TIPS FOR KEEPING TRACK OF YOUR BLOOD PRESSURE AT HOME

- ▶ Always take your blood pressure at the same time every day.
- ▶ Take at least two readings, 1 or 2 minutes apart.

To learn how to correctly measure your blood pressure, visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure)

DATE	MORNING			EVENING		
	TIME OF READING	READING #1	READING #2	TIME OF READING	READING #1	READING #2

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