Blood Pressure Log

The blood pressure log is one place to monitor your blood pressure. Each time your blood pressure is checked record: 1. The date; 2. The reading, e.g. 120/ 80; 3. Where the reading occurred, e.g. left arm; 4. Method of reading – was it an automatic cuff, home cuff, a reading by a health care professional, etc. 5. The last column is a place to record any notes if appropriate, e.g. Tired, headache etc.

Date	Blood pressure reading	Where	Method	Notes