

7-DAY HOME BLOOD PRESSURE (BP) LOG

Name: _____

- ✓ Check that your home BP machine is well calibrated (your pharmacy can help with this)
- ✓ Use the same arm for all measurements, preferably the one with the higher usual systolic BP
- ✓ Sit down and relax for a few minutes with your back supported, legs uncrossed, and arm rested on a table
- ✓ Record your BP twice after waking (before meds or coffee) and twice before bed at the same time every day

Day 1 Date: _____	a.m.	Blood pressure #1:	_____ / _____
	a.m.	Blood pressure #2:	_____ / _____
	p.m.	Blood pressure #1:	_____ / _____
	p.m.	Blood pressure #2:	_____ / _____

Day 2 Date: _____	a.m.	Blood pressure #1:	_____ / _____
	a.m.	Blood pressure #2:	_____ / _____
	p.m.	Blood pressure #1:	_____ / _____
	p.m.	Blood pressure #2:	_____ / _____

Day 3 Date: _____	a.m.	Blood pressure #1:	_____ / _____
	a.m.	Blood pressure #2:	_____ / _____
	p.m.	Blood pressure #1:	_____ / _____
	p.m.	Blood pressure #2:	_____ / _____

Day 4 Date: _____	a.m.	Blood pressure #1:	_____ / _____
	a.m.	Blood pressure #2:	_____ / _____
	p.m.	Blood pressure #1:	_____ / _____
	p.m.	Blood pressure #2:	_____ / _____

Day 5 Date: _____	a.m.	Blood pressure #1:	_____ / _____
	a.m.	Blood pressure #2:	_____ / _____
	p.m.	Blood pressure #1:	_____ / _____
	p.m.	Blood pressure #2:	_____ / _____

Day 6 Date: _____	a.m.	Blood pressure #1:	_____ / _____
	a.m.	Blood pressure #2:	_____ / _____
	p.m.	Blood pressure #1:	_____ / _____
	p.m.	Blood pressure #2:	_____ / _____

Day 7 Date: _____	a.m.	Blood pressure #1:	_____ / _____
	a.m.	Blood pressure #2:	_____ / _____
	p.m.	Blood pressure #1:	_____ / _____
	p.m.	Blood pressure #2:	_____ / _____