

At Home Blood Pressure Log

Blood Pressure Arm: Left Right

Complete the chart each time you take a measurement. If you miss a measurement, leave that section blank.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	Morning	Morning	Morning	Morning	Morning	Morning
SYS (top): _____	SYS (top): _____	SYS (top): _____	SYS (top): _____	SYS (top): _____	SYS (top): _____	SYS (top): _____
DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____
Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
Evening	Evening	Evening	Evening	Evening	Evening	Evening
SYS (top): _____	SYS (top): _____	SYS (top): _____	SYS (top): _____	SYS (top): _____	SYS (top): _____	SYS (top): _____
DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____	DIA (bottom): _____
Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____

Notes:

*SYS- Systolic reading (top), DIA- Diastolic reading (bottom)

How to take your Blood Pressure at Home

Before you start: Measure the circumference of your upper arm with a cloth measuring tape. The measurement should be taken halfway between your elbow and shoulder. Choose a cuff size that includes this measurement.

1

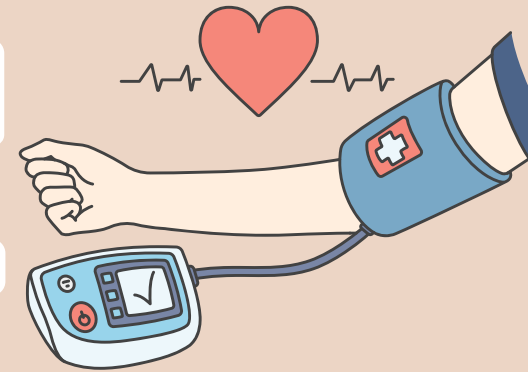
Sit down and rest for five minutes before measuring your blood pressure.



2

Place cuff on your BARE arm, bottom edge of the cuff placed just above the elbow crease.

Position the tube toward the inner side of your arm. The cuff should be tight enough to slip two fingers underneath it.

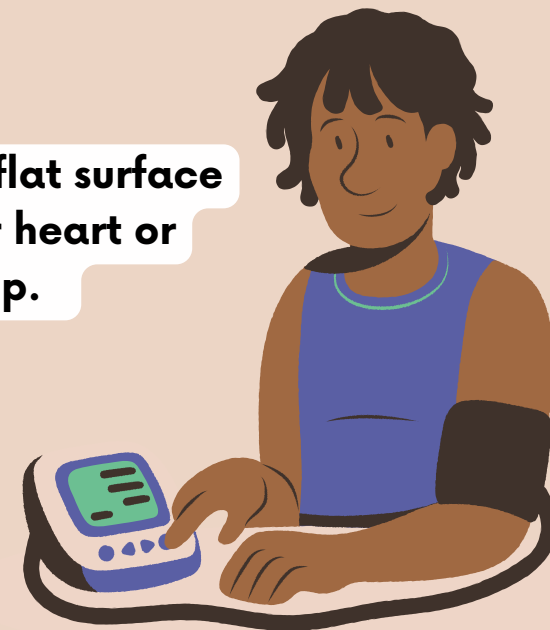


3

In the chair, place both feet flat on the ground. Your back should be straight, and your muscles relaxed.

4

Place your arm on a flat surface at the level of your heart or chest, palm up.



5

Press start. Stay still and don't talk as your machine operates.

The cuff will deflate automatically when the measurement is done.

