



My Home Blood Pressure Log

My target home blood pressure is less than _____ **mm/Hg. I use my** **Right** **Left arm**
Systolic | Diastolic

REST for 5 minutes before taking the first blood pressure reading (#1).

WAIT 1 minute before taking the second blood pressure reading (#2).

MEASURE before taking your blood pressure medication & before eating or 2 hours after eating.

TAKE your blood pressure 10 to 12 hours apart when doing AM & PM measurements.

READ "How to Measure Your Blood Pressure at Home" for more information about proper home blood pressure measurement technique at www.hypertension.ca

BRING my log and my medications to every appointment with my health care professional.

Example:

		MORNING				EVENING				
DATE	TIME		Systolic BP	Diastolic BP	COMMENTS	TIME		Systolic BP	Diastolic BP	COMMENTS
June 15th	8:00 AM	#1	135	80	Meds at 9 AM	8:00 PM	#1	157	92	Upset
		#2	138	82			#2	154	90	
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
Average						Average				

		MORNING				EVENING				
DATE	TIME		Systolic BP	Diastolic BP	COMMENTS	TIME		Systolic BP	Diastolic BP	COMMENTS
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
		#1					#1			
		#2					#2			
Average						Average				