

# My Blood Pressure Log



Name: \_\_\_\_\_

My Blood Pressure Goal: \_\_\_\_\_ mm Hg

**Instructions:**

- If you have high blood pressure, measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.
- You can also use AHA's Check. Change. Control.® Tracker ([ccctracker.com/aha](http://ccctracker.com/aha)), a free online tool to help you track and monitor your blood pressure. Just find the campaign code on the map for your state and sign up.

Which arm did you check?  LEFT  RIGHT

	Date	Date	Date	Date	Date	Date	Date	Date	Date	
	Time	Time	Time	Time	Time	Time	Time	Time	Time	
	(am/pm)	(am/pm)	(am/pm)	(am/pm)	(am/pm)	(am/pm)	(am/pm)	(am/pm)	(am/pm)	
<b>First Check</b>	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA
	PULSE		PULSE		PULSE		PULSE		PULSE	
<b>Second Check</b>	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA
	PULSE		PULSE		PULSE		PULSE		PULSE	