Interior Health

My Blood Pressure Log

My target "healthy" HOME blood pressure is _____ / _____ mm Hg

I measure the blood pressure in my Left / Right arm (circle one)

Date	AM Measure blood pressure in the morning before taking medications or eating			PM Measure blood pressure in the evening before going to bed, bathing or taking medications			Meds Taken Yes/No?	Notes
	First Reading	Second Reading	Average BP	First Reading	Second Reading	Average BP		
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If my blood pressure reading says 130/80, 130 is my systolic blood pressure and 80 is my diastolic blood pressure.

If my heart rate/pulse is less than 60 or greater than 100 beats per minute this can be recorded in the notes section above.

Vascular Improvement Program
PUT YOUR HEART INTO IT

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