

# BLOOD PRESSURE LOG

## MY BLOOD PRESSURE:



## WHAT:

Take your blood pressure three times each time you measure. Wait at least a minute between readings. Use properly calibrated and validated equipment. Check cuff size and fit.

## WHEN:

Twice a day: morning and late afternoon. Try to take it at the same time each day. Don't smoke, exercise, or drink caffeinated or alcoholic beverages within 30 minutes of measurement.

## HOW:

Sit comfortably with both feet on the floor and sit for 5 minutes before taking your blood pressure. Rest your arm on a table so blood pressure cuff is at same level as your heart. Don't talk.

## RECORD:

Record results of all three readings. Use the chart below or use this free online tracker: [ccctracker.com/aha](http://ccctracker.com/aha)

Learn more at [LowerYourHBP.org](http://LowerYourHBP.org)

DATE	AM	PM

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