Blood Pressure Log

Make/Model of BP monitor:

Blood pressure is dynamic... it changes regularly based on your activity, stimulation and other factors. Frequent blood pressure readings are important because they provide an overall picture.

By using this form to regularly record your readings you can better assist you health care team. Note that about 20% of the population is affected by *white coat syndrome* : elevated blood pressure brought on by the stress of being in a doctor's office.

Check with your doctor about when, where, and how frequently to measure your blood pressure.

Print this log as a convenient way to record your blood pressure. It is recommended that you take two readings each time, approximately 3 to 5 minutes apart.

Follow manufacturer's instructions on how to use your particular BP monitor. Before taking your blood pressure allow a minimum of 30 minutes after physical exertion, smoking, or drinking caffeinated beverages or alcohol. Sit quietly for five minutes before taking the reading. Always follow your doctor's recommendations.

Date	Time	Reading 1	Time	Reading 2	Comments

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Blood Pressure Log courtesy of www.smart-heart-living.com