

## **My Blood Pressure Log**

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

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

## Instructions:

- 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. .

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