

Blood Pressure Log

My Target Blood Pressure:

Monitoring your blood pressure over time is an important step toward managing your condition and helping your doctor recommend the best treatment plan for you. SecondsCount developed this worksheet as a tool for anyone interested in tracking and managing their blood pressure. Simply take your blood pressure as your doctor or nurse explained. Try to take it at the same time each day. Then record the date and time, plus the top number (systolic) and bottom number (diastolic) on the read-out. It also helps to take notes about what you were doing before you took the reading. Did you just take a walk, eat a big meal, or get some stressful news? Include this information whenever you can.

We invite you to print this form as many times as you like, modify it to suit your needs, and share it with your healthcare team.

• SBP: Systolic Blood Pressure (top number) / DBP: Diastolic Blood Pressure (bottom number)			
Date / Time	SBP / DBP	Notes	