

Home Blood Pressure Monitoring Log

Want to track your home blood pressure readings? Use this template to track each reading, with auto-formatting to indicate when you have exceeded a threshold. Plus, check out the handy graph to help you see trends over time.

GET STARTED:

Copy the BP log template tab. Click on the tab (below) labeled "TEMPLATE: BP Log". Click on the tab again, and a menu will appear. Select "Duplicate". Rename the new tab, such as "BP Log: Medication X 100mg". To rename a tab, click on the tab name, and select "Rename". Consider starting a new tab when you change your medication, so you can, for example, compare averages.

Consult with your doctor to determine what blood pressure and pulse readings are borderline, and what blood pressure and pulse readings are considered high. Currently, the "TEMPLATE BP log" is configured as follows:

	high	borderline
Systolic BP	140+	120+
Diastolic BP	90+	80+
Pulse	100+	90+

As a result of your discussion with your doctor, you may want to reconfigure the spreadsheet to reflect different values for high and borderline blood pressure and pulse readings. Do this as follows:

Select the column you would like to reconfigure by clicking on the lettered column header. Click on the "Background color" icon (colorful square), and select the "Change with rules..." item from the drop-down menu. Change the values for red to indicate high readings and the values for yellow to reflect borderline readings. Test to see if your new configuration is set up correctly by typing a high value in a cell in that column; the color should change.