



Blood Pressure Log

Name: _____

Instructions

- Take your pressure at the same time, such as morning or evening, or as your healthcare professional recommends.
- Sit with your back straight and supported and your feet flat on the floor.
- Your arm should be supported on a flat surface with the upper arm at heart level.
- Make sure the middle of the cuff is placed directly over your brachial artery.
- Each time you measure, take two or three readings, one minute apart, and record all the results.

Date	Time	Reading 1	Heart Rate	Reading 2	Heart Rate	Reading 3	Heart Rate

Blood pressure higher than 180/110 is an emergency. Call 9-1-1 immediately. If 9-1-1 is not available to you, have someone drive you to the nearest emergency facility immediately

From: <http://www.americanheart.org/HPB>

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