



HYPERTENSION SELF-MONITORING LOG

You have an upcoming appointment with your doctor or you are taking a new hypertension medication? Use this log to track your blood pressure readings.

Here are some guidelines to help you fill out your log:

- Sit and rest quietly for five minutes before taking blood pressure reading #1.
- Wait 1 minute before taking blood pressure reading #2.
- Wait 10 to 12 hours between morning and evening readings.
- To calculate the average reading, use the readings of days 2 to 7, inclusively.

Here are some guidelines to help you fill out your log:

- While taking your blood pressure, sit with your back supported and your legs uncrossed. Put your feet flat on the floor.
- Ensure your arm is supported and resting at the same level as your heart.
- Make sure the blood pressure cuff is the right size. A cuff that is too tight may result in inaccurate readings. Ask your pharmacist to help you choose a cuff that properly fits your arm.
- Avoid doing intense exercise 60 minutes prior to taking your blood pressure.
- Avoid smoking, and avoid drinking tea, coffee, energy drinks, or caffeinated beverages 30 minutes prior to taking your blood pressure.

My target blood pressure is ____ / ____ mmHG.

I use my ☐ right arm ☐ left arm

Date		Time	Comments	Heart rate (beats/min)	Blood pressure reading #1		Blood pressure reading #2	
					Systolic	Diastolic	Systolic	Diastolic
April 11		8:25 a.m.	Medication at 9:00 a.m.	65	135	91	132	89
	Day 1 morning							
	Day 1 Evening							
	Day 2 morning							
	Day 2 Evening							
	Day 3 morning							
	Day 3 Evening							
	Day 4 morning							
	Day 4 Evening							
	Day 5 morning							
	Day 5 Evening							
	Day 6 morning							
	Day 6 Evening							
	Day 7 morning							
	Day 7 Evening							
Average								