

My Home Blood Pressure Log

My target home blood pressure is less than	Systolic / Diastolic	mm/Hg. I use my	☐ Right ☐ Left arm
REST for 5 minutes before taking the first blood press WAIT 1 minute before taking the second blood press			
MEASURE before taking your blood pressure medica	ation & before ea	ating or 2 hours after e	ating.

TAKE your blood pressure 10 to 12 hours apart when doing AM & PM measurements.

READ "Measure Blood Pressure at Home" for more information about proper home blood pressure measurements techique at www.hypertension.ca

DISCARD the readings of the first day and do the average of the last 6 days.

BRING your log and your medications to every appointment with your healthcare professional.

SAMPLE								
DATE	·	TIME	COMMENTS	Heart Rate (beats per minute)	BP Reading Systolic	#1 (mmHg) Diastolic	BP Reading Systolic	#2 (mmHg) Diastolic
June 15	Sample Morning	8:00 AM	Meds at 9 AM		138	82	135	80
	Sample Evening	8:00 PM	Upset		157	92	154	90
	Day 1 Morning							
	Day 1 Evening							
	Day 2 Morning							
	Day 2 Evening							
	Day 3 Morning							
	Day 3 Evening							
	Day 4 Morning					0.00	noM 3 vstl	
	Day 4 Evening							
	Day 5 Morning							
	Day 5 Evening							
	Day 6 Morning							
	Day 6 Evening							
	Day 7 Morning							*
	Day 7 Evening							
	Average							

Canadian Hypertension Education Program
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DATE	*	TIME	COMMENTS	Heart Rate (beats per minute)	BP Reading Systolic	#1 (mmHg) Diastolic	BP Reading Systolic	#2 (mmHg) Diastolic
	Day 1 Morning		eig Boo	8 emon		Holes		
	Day 1 Evening							
	Day 2 Morning	ent over 1	meaning (#1).	en statut sood pressure rea sood pressure rea	eure le les g the liest t	savig Sool	eshuar a	NEW DAY OF
	Day 2 Evening	iours atter ments, one blood	oefore eating or 2 l AM & PM measure ion about proper h	re medication 8. spart when doing for more informal	lood press 12 hours 1 at Home?	iding your t sesure 10 ti od Pressur	d enoted Bit ag boold to seesure Bit	MEASUS TAMBYO READ TA
	Day 3 Morning		even igest 6 daya. Seith your headthca					
	Day 3 Evening							
	Day 4 Morning	ž			3 . 14	COS on	evel element	Al end
	Day 4 Evening							
	Day 5 Morning							
	Day 5 Evening							
	Day 6 Morning						03g 4 (400)	
	Day 6 Evening							
	Day 7 Morning					000		
	Day 7 Evening							
	Average							

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