

Blood Pressure Log

7-day home BP monitoring sheet

How to measure more reliably

- Rest quietly for 5 minutes before measuring.
- Sit with back supported, feet flat and legs uncrossed.
- Keep the cuffed arm supported at heart level.
- Avoid exercise, smoking and caffeine for about 30 minutes beforehand when possible.
- Take readings at similar times and write down symptoms or missed medicines.

Day	Morning BP	Pulse	Evening BP	Notes
1				
2				
3				
4				
5				
6				
7				

Take your log to clinic. A single reading is less useful than a pattern over several days.

Seek urgent assessment for very high readings accompanied by chest pain, severe breathlessness, new weakness, confusion, fainting or severe headache.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.