

Blood Pressure Log: Week of _____ - _____ - _____

SUNDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
	NOTES/TIPS: Make sure you are sitting down with your arm at a 90° angle.					
MONDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
	NOTES/TIPS: Rest for 10 minutes before you take your blood pressure reading.					
TUESDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
	NOTES/TIPS: Make sure you wait 15 minutes before taking a 2nd reading.					
WEDNESDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
	NOTES/TIPS: Optimal blood pressure is 120/80.					
THURSDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
	NOTES/TIPS: Blood pressure is the force exerted by blood against the walls of the arteries.					
FRIDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
	NOTES/TIPS: Systolic pressure occurs when the heart contracts.					
SATURDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
	NOTES/TIPS: Diastolic pressure occurs when the heart expands.					
Weekly Notes: High blood pressure is a risk factor for heart disease, kidney disease and stroke.						
S = Systolic D = Diastolic						