**BLOOD PRESSURE LOG**

It’s important to get your blood pressure checked at least once a year. Use this worksheet to record your blood pressure numbers each time you visit the doctor or clinic.

It usually takes more than one reading to know if you have high blood pressure. If your blood pressure has been high, your doctor may want to see you more often. Ask your doctor what your target numbers should be and how often you should get checked.

My target blood pressure: [Rate] / [Rate]

|  |  |
| --- | --- |
| **Date** | **Blood Pressure** |
| [MM/DD/YYYY] | [Rate] / [Rate] |
| [MM/DD/YYYY] | [Rate] / [Rate] |
| [MM/DD/YYYY] | [Rate] / [Rate] |
| [MM/DD/YYYY] | [Rate] / [Rate] |
| [MM/DD/YYYY] | [Rate] / [Rate] |
| [MM/DD/YYYY] | [Rate] / [Rate] |
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| [MM/DD/YYYY] | [Rate] / [Rate] |