WEIGHT AND BLOOD PRESSURE LOG

Patient Name: My blood pressure target goal is: ___/___ mmHg

Date	Time	Weight	Blood Pressure (systolic/diastolic)	Heart rate (pulse)	Comments
Ex: 3/4/2011	*Ex: 8:00pm*	*Ex: 178 lbs.*	*Ex: 130/80*	*Ex: 85*	*Ex: At pharmacy*

Instructions

- Take your blood pressure at the same time each day (ex: morning or Evening) or as your health care professional recommends.
- Sit up with your back straight and supported and your feet flat on the floor.
- Support your arm on a flat surface with your upper arm at heart level.
- Seek medical attention as soon as possible if your blood pressure is higher
- than 180/110 mmHg.
- Call our office for increase in weight by 3-4 pounds in a span of 2-3 days.