Your Blood Pressure Diary

Name: _____

INSTRUCTIONS:

- Take your readings at the same time each day, such as morning or evening. Take two or three readings one minute apart each time and record all three results. Your healthcare provider can average your results and set your target goal.
- Sit with your back straight and supported and your feet flat on the floor; don't cross your legs. Support the arm on a flat surface, with the upper arm at heart level.
- Make sure the middle of the cuff is placed directly over your brachial artery and fits correctly. To find your artery, put your hand out – palm facing up. Trace a line from the outside of your thumb, up your outer arm to the bend in your elbow. At that bend is your brachial artery.
- Do not smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure.

Blood pressure higher than 180/110 is an emergency. Call 9-1-1 immediately. If 9-1-1 is not available to you, have someone drive you to the nearest emergency facility immediately.

Date	Time	First Reading Results	Heart Rate	Time	Second Reading Results	Heart Rate	Time	Third Reading Results	Heart Rate

Blood Pressure information from American Heart Association, http://www.americanheart.org

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