Dr. Cody's Blood Pressure Log

Check your blood pressure while sitting with your arm resting comfortably on a table or countertop, at the same height as your heart.

Check your pressure at least 1 hour after taking your blood pressure medicine because we want to see that the medicine is working.
Try to check it at the same time every time because blood pressure changes throughout the day and we want it to be consistent.
Make sure you are calm and rested, not anxious or having just exercised or come in from the heat.

Use this paper, or some other notebook you like to write the numbers down at least once a week and make sure to bring it to your doctor's visits

PATIENT NAME: _____ DATE STARTED: _____

DATE	TIME	BLOOD PRESSURE	Heart Rate
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
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	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	

DATE	TIME	BLOOD PRESSURE	Heart Rate
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
	AM / PM	/	
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