WEIGHT AND BLOOD PRESSURE LOG

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

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.