



American
Heart
Association.

My Blood Pressure Log

Name: MARCUS WASHINGTON

My Blood Pressure Goal: _____ mm Hg

Instructions:

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.

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AUM

Without medication

DATE	AM	PM
5/28	165/89	136/83
5/29	137/90 ⁶⁹ P/M	139/79 ⁶⁹ P/M
5/30	131/83 ⁶² P/M	126/69 ⁷⁴ P/M
5/31	130/86 ⁷¹ P/M	131/81 ⁸⁰ P/M
6/1	133/70 ⁶⁸ P/M	128/61 ⁷² P/M
6/2	139/70 ⁷² P/M	136/77 ⁶⁶ P/M
6/3	126/71 ⁸¹ P/M	134/83 ⁶⁹ P/M
6/4	139/70 ⁷⁴ P/M	134/76 ⁷⁴ P/M
6/5		132/78 ⁶⁹ P/M
6/6	125/75 ⁶⁸ P/M	133/85 ⁶⁴ P/M
6/7	128/78 ⁶⁷ P/M	127/77 ⁶³ P/M
6/8	123/80 ⁷¹ P/M	130/89 ⁷³ P/M
6/9	132/79 ⁶⁹ P/M	129/76 ⁷² P/M
6/10		
6/11		
6/12		
6/13		
6/14		

DATE	AM	PM