Blood Pressure Log

4 weeks · morning and evening · systolic, diastolic, pulse

RemMedy

Free template · https://remmedy.70six.de/en/blood-pressure-log/

NAME

PERIOD FROM · TO

TARGET SET BY YOUR DOCTOR

BLOOD PRESSURE MEDICATION · TIME TAKEN

MONITOR · ARM (LEFT/RIGHT)

How to measure correctly

- Sit quietly for 5 minutes, back supported, feet flat, arm at heart level.
- No caffeine, nicotine or exercise for 30 minutes before. Don't talk.
- Morning before medication and breakfast, evening before dinner.
- Take two readings 1 minute apart and record both or the average.
- Use a validated upper-arm cuff of the right size, always the same arm.

Source: 2017 ACC/AHA Hypertension Guideline (Whelton et al., Hypertension 2018) · American Heart Association

Blood pressure categories (adults, ACC/AHA 2017)

Category	systolic (mm Hg)		diastolic (mm Hg)
Normal	< 120	and	< 80
Elevated	120–129	and	< 80
Hypertension stage 1	130–139	or	80–89
Hypertension stage 2	≥ 140	or	≥ 90
Hypertensive crisis	> 180	and/or	> 120

Categories are for orientation only and are not medical advice; your doctor interprets your readings. If a reading is above 180/120 mm Hg with chest pain, shortness of breath, numbness or vision changes, seek emergency care.

Week 1

Date	Morning			Evening			Notes symptoms, stress, exercise, missed dose …
	Sys	Dia	Pulse	Sys	Dia	Pulse	
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							
Week avg							

Week 2

Date	Morning			Evening			Notes symptoms, stress, exercise, missed dose …
	Sys	Dia	Pulse	Sys	Dia	Pulse	
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							
Week avg							

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Week 3

Date	Morning			Evening			Notes
	Sys	Dia	Pulse	Sys	Dia	Pulse	symptoms, stress, exercise, missed dose …
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							
Week avg							

Week 4

Date	Morning			Evening			Notes
	Sys	Dia	Pulse	Sys	Dia	Pulse	symptoms, stress, exercise, missed dose …
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							
Week avg							

Summary for your appointment

Morning average (Sys/Dia/Pulse)

Evening average (Sys/Dia/Pulse)

Highest · lowest reading

Number of readings · days skipped

Questions and observations for your visit

Personal record-keeping aid, not medical advice. Discuss your readings with your doctor; never change medication on your own.