Home blood pressure log

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Name _____ Week of _____

Time of day	Monday date ____ / ____	Tuesday date ____ / ____	Wednesday date ____ / ____	Thursday date ____ / ____	Friday date ____ / ____	Saturday date ____ / ____	Sunday date ____ / ____
On waking before medication and breakfast	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____
Mid-morning around 11 am	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____
Mid-afternoon around 4 pm	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____
At bedtime before going to sleep	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____	1st ____ / ____ P ____ 2nd ____ / ____ P ____ Time ____
Notes symptoms, changes to medication							

When to measure: measure once a day, at the highlighted time. The time rotates each day: on waking, mid-morning, mid-afternoon, at bedtime, then starts again.
How to record: write the systolic / diastolic and the pulse (P). Example: 1st 135 / 82 P 72

How to measure your blood pressure

- Sit with your back supported and feet flat on the floor, and rest for 5 minutes before measuring.
- Rest your arm on a table at heart level, with the cuff on bare skin and no tight clothing.
- For 30 minutes before, do not smoke, drink coffee or exercise. Empty your bladder.
- Take two readings, 1 to 2 minutes apart, and record both. Do not talk while measuring.
- Bring this log to your appointment or show it during your video consultation.

Source: Mancia G, et al. 2023 ESH Guidelines for the management of arterial hypertension. J Hypertens. 2023;41(12):1874·2071.