Blood Pressure & Heart Rate Log

Directions for BP measurement:

- No smoking, exercise, caffeine, or alcohol 30 minutes prior to measuring
- Sit down at a table with uncrossed legs and both feet flat on the floor
- Have back supported by a chair and arms supported on table near heart level
- Wrap BP cuff over upper arm on bare skin, not over clothing
- Sit for 4-5 minutes before taking measurement
- Start measurement. Do not speak while blood pressure is being measured.
- Measure a second value after 1-2 minutes
- · Record values and bring log to office visits

Date	Morning (6-10 AM)			Midday (12-4 PM)			Evening (6-10 PM)		
	BP 1	BP 2	HR	BP 1	BP 2	HR	BP 1	BP 2	HR
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