

7-Day Home Blood Pressure Log

Name _____

Arm ☐ Left ☐ Right Monitor _____

- Morning: within 1 hour of waking, before breakfast, coffee and medication
 - Sit quietly 5 minutes first: back supported, feet flat, arm at heart level
- Evening: before dinner or bedtime, at about the same time each day
 - Cuff on bare upper arm. Take 2 readings 1 minute apart and write down both

DAY	DATE		TIME	READING 1			READING 2			NOTES (MEDS TAKEN, SYMPTOMS, SLEEP...)
				SYS top	DIA bottom	PULSE	SYS top	DIA bottom	PULSE	
1		AM								
		PM								
2		AM								
		PM								
3		AM								
		PM								
4		AM								
		PM								
5		AM								
		PM								
6		AM								
		PM								
7		AM								
		PM								

Your 7-day average
Leave out day 1 (shaded). Add all systolic readings from days 2–7 and divide by the number of readings. Repeat for diastolic and pulse.

Systolic average

Diastolic average

Pulse average

Normal
Under 120 and under 80

Elevated
120–129 and under 80

Stage 1
130–139 or 80–89

Stage 2
140+ or 90+

Severe
Over 180 and/or over 120

Above 180/120? Rest 1 minute and re-measure. If still high with chest pain, shortness of breath, back pain, numbness, weakness, vision or speech changes, call 911.

Categories: 2025 AHA/ACC guideline.
Not medical advice.
Free from bloodpressurelog.com

Blood Pressure & Pulse Log

Name _____

Month _____ Arm ☐ L ☐ R

	DATE	TIME	SYSTOLIC top	DIASTOLIC bottom	PULSE	NOTES
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
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28						
29						
30						
31						

Measure the same way each time: seated and rested for 5 minutes, same arm, cuff on bare skin. Bring this log to your appointments.

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