Blood Pressure Log

A month of home readings in one place, ready to show the doctor.

Name		Doctor's goal	Below _____ / _____

How to take a reading you can trust

1. Sit quietly for 5 minutes first. No talking, no phone.
2. Back supported, feet flat on the floor, legs uncrossed.
3. Rest the arm on a table with the cuff at heart level, on bare skin.
4. No caffeine, smoking or exercise in the 30 minutes before.
5. Take it at the same times each day, as the doctor directed. Many doctors ask for two readings a minute apart, morning and evening.
6. Write down the numbers exactly as shown. Don't round or pick the better one.

Use a cuff that fits the upper arm, not a wrist monitor. validatebp.org lists models tested for accuracy.

What the numbers mean

Category	Top (systolic)	Bottom (diastolic)
Normal	under 120	and under 80
Elevated	120 to 129	and under 80
Stage 1 high	130 to 139	or 80 to 89
Stage 2 high	140 or more	or 90 or more
Crisis	over 180	and/or over 120

American Heart Association categories for adults. The goal that fits your parent is the doctor's to set.

When to get help

- **Call 911** if the reading is over 180/120 and there is chest pain, trouble breathing, back pain, numbness or weakness, a change in vision or trouble speaking.
- If it is over 180/120 with no symptoms, wait 5 minutes, take it again, and call the doctor right away if it is still that high.
- Low readings matter too. Ask the doctor what number is too low, and report dizziness on standing, faintness or a fall.

Questions for the doctor

© 2026 Mark Duda. Free to print and copy for your own family's use.

Blood Pressure Log

Month		Name	

Day	MORNING				EVENING				Notes
	Time	Top	Bottom	Pulse	Time	Top	Bottom	Pulse	
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									

© 2026 Mark Duda. Free to print and copy for your own family's use.

Blood Pressure Log (continued)

Month		Name	

Day	MORNING				EVENING				Notes
	Time	Top	Bottom	Pulse	Time	Top	Bottom	Pulse	
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									

Month at a glance

	Highest	Lowest	Average
Morning (top / bottom)			
Evening (top / bottom)			

© 2026 Mark Duda. Free to print and copy for your own family's use.