## My Blood Pressure Log



Name	<b>life</b> is why™ -
My Blood Pressure Goal mm Hg	)

## Instructions

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.
- You can also use Heart360® (heart360.org), a free online tool to help you track and monitor your health information, including your blood pressure.

Date	AM	PM	Date	AM	PM