Little Elm
MEDICAL CLINIC

Home Blood Pressure Log Sheet

Instructions:

- Measure your blood pressure once a day at about the same time 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.
- Please return log to your doctor in 1-2 weeks.

Name _____

Date	**Time**	**Systolic** (upper value)	**Diastolic** (lower value)	**Pulse**