

DIGITAL BLOOD PRESSURE LOG

Patient Name: _____ Date of Birth: _____ MRN: _____

Blood Pressure	Date	Time	Systolic	Diastolic	Pulse	Medication taken
Morning						
Evening						
Morning						
Evening						
Morning						
Evening						
Morning						
Evening						
Morning						
Evening						
Morning						
Evening						

Blood Pressure	Date	Time	Systolic	Diastolic	Pulse	Medication taken
Morning						
Evening						
Morning						
Evening						
Morning						
Evening						
Morning						
Evening						
Morning						
Evening						
Morning						
Evening						

Before You Take Your Blood Pressure

- Take your medication as prescribed.
- Avoid caffeine, nicotine, alcohol, and exercise for at least 30 minutes before measuring.
- Use the bathroom beforehand to ensure your bladder is empty.
- Sit quietly and relax for at least 5 minutes before taking your reading.

During the Measurement

- Sit upright in a chair with your back supported and both feet flat on the floor.
- Keep your legs uncrossed.

- Rest your arm on a flat surface at heart level.
- Apply the cuff to bare skin, not over clothing.
- Ensure the cuff fits properly and covers at least 80% of your upper arm.
- Do not talk, watch TV, or listen to others during the measurement.

Timing and Frequency

- Take your blood pressure at the same time each day—ideally morning and evening.
- Take two readings, one minute apart, and record both.



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