
My Blood Pressure **Log Book**

12 weeks of morning and evening readings. Keep it next to your monitor and bring it to your appointments.

Name

Doctor

Doctor's phone

Monitor (brand / model)

Start date

Week 1

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 2

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 3

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 4

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 5

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 6

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 7

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 8

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 9

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 10

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 11

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Week 12

Write down each reading as you take it.

My Blood Pressure Log Book

Week starting (date)

Monitor (brand / model)

Day	Date	Time	Systolic mmHg	Diastolic mmHg	Pulse bpm	Arm L / R	Notes
Mon Morning							
Evening							
Tue Morning							
Evening							
Wed Morning							
Evening							
Thu Morning							
Evening							
Fri Morning							
Evening							
Sat Morning							
Evening							
Sun Morning							
Evening							

Questions for my doctor

Write questions down as they come up, and take this book to your appointment.

My Blood Pressure Log Book