7-Day Home Blood Pressure Log

Name _____

Arm ☐ Left ☐ Right Monitor _____

- Morning: within 1 hour of waking, before breakfast, coffee and medication
- Sit quietly 5 minutes first: back supported, feet flat, arm at heart level
- Evening: before dinner or bedtime, at about the same time each day
- Cuff on bare upper arm. Take 2 readings 1 minute apart and write down both

DAY	DATE		TIME	READING 1			READING 2			NOTES (MEDS TAKEN, SYMPTOMS, SLEEP…)
				SYS top	DIA bottom	PULSE	SYS top	DIA bottom	PULSE	
1 skip in avg		AM								
		PM								
2		AM								
		PM								
3		AM								
		PM								
4		AM								
		PM								
5		AM								
		PM								
6		AM								
		PM								
7		AM								
		PM								

Your 7-day average

Leave out day 1 (shaded). Add all systolic readings from days 2–7 and divide by the number of readings. Repeat for diastolic and pulse.

Systolic average	Diastolic average	Pulse average

Normal	Elevated	Stage 1	Stage 2	Severe
Under 120 and under 80	120–129 and under 80	130–139 or 80–89	140+ or 90+	Over 180 and/or over 120

Above 180/120? Rest 1 minute and re-measure. If still high with chest pain, shortness of breath, back pain, numbness, weakness, vision or speech changes, call 911.

Categories: 2025 AHA/ACC guideline. Not medical advice.
Free from **bloodpressurelog.com**

Prefer your phone?

Scan to get our iPhone app: log readings in three taps, sync with Apple Health and share a report with your doctor. No account, no ads.

Blood Pressure & Pulse Log

Name _____

Month _____ Arm □ L □ R

	DATE	TIME	SYSTOLIC top	DIASTOLIC bottom	PULSE	NOTES
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
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26						
27						
28						
29						
30						
31						

Measure the same way each time: seated and rested for 5 minutes, same arm, cuff on bare skin. Bring this log to your appointments.

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