



# Compact Monthly Blood Pressure Log Sheet (Month & Year: \_\_\_\_\_ )

| Date | Systolic | Diastolic | Pulse | Systolic | Diastolic | Pulse | Notes |
|------|----------|-----------|-------|----------|-----------|-------|-------|
| 1    |          |           |       |          |           |       |       |
| 2    |          |           |       |          |           |       |       |
| 3    |          |           |       |          |           |       |       |
| 4    |          |           |       |          |           |       |       |
| 5    |          |           |       |          |           |       |       |
| 6    |          |           |       |          |           |       |       |
| 7    |          |           |       |          |           |       |       |
| 8    |          |           |       |          |           |       |       |
| 9    |          |           |       |          |           |       |       |
| 10   |          |           |       |          |           |       |       |
| 11   |          |           |       |          |           |       |       |
| 12   |          |           |       |          |           |       |       |
| 13   |          |           |       |          |           |       |       |
| 14   |          |           |       |          |           |       |       |
| 15   |          |           |       |          |           |       |       |
| 16   |          |           |       |          |           |       |       |
| 17   |          |           |       |          |           |       |       |
| 18   |          |           |       |          |           |       |       |
| 19   |          |           |       |          |           |       |       |
| 20   |          |           |       |          |           |       |       |
| 21   |          |           |       |          |           |       |       |
| 22   |          |           |       |          |           |       |       |
| 23   |          |           |       |          |           |       |       |
| 24   |          |           |       |          |           |       |       |
| 25   |          |           |       |          |           |       |       |
| 26   |          |           |       |          |           |       |       |
| 27   |          |           |       |          |           |       |       |
| 28   |          |           |       |          |           |       |       |
| 29   |          |           |       |          |           |       |       |
| 30   |          |           |       |          |           |       |       |
| 31   |          |           |       |          |           |       |       |

## How to Measure Your Blood Pressure at Home

Before you begin, make sure you've **downloaded and printed this PDF and selected the log sheet you want to use** – either the *weekly* sheet on page 1 or the *compact monthly* sheet on page 2 – so you can record your readings right after you measure.

Follow the instructions provided by the [American Heart Association](#) and the [CDC](#) (Centers for Disease Control and Prevention) below to get the most accurate and reliable blood pressure measurements at home:

### *Prepare Before You Measure*

- Avoid **smoking, caffeinated beverages, alcohol, or exercise for at least 30 minutes** before taking a reading.
- Empty your bladder first, as this can slightly affect your reading.
- Use a **validated automatic upper-arm monitor** with the correct cuff size – wrist and finger devices tend to be less reliable.

### *Sit Correctly*

- Sit in a **chair with your back supported**, with your **feet flat on the floor** and legs uncrossed.
- Rest your arm on a flat surface so the cuff is at **heart level**.
- Place the cuff on **bare skin**, not over clothing, with the bottom of the cuff just above the bend of your elbow.
- Relax quietly for **at least 5 minutes** before starting the measurement.

### *Take Consistent Measurements*

- Take your reading at the **same times each day**, such as in the **morning and the evening**.
- For each measurement session, take **two readings about 1 minute apart** and record them on your printed log sheet.
- Be still and **do not talk, move, or use your phone** during measurements.

## *Record and Review*

- Write your measured **systolic (top) and diastolic (bottom) values** and **pulse** on your printed log sheet right after you take them.
- Regular tracking over time gives a **clearer picture of your trends** and can be useful for sharing with your healthcare provider.

This page provides general home-monitoring tips. Discuss your individual blood pressure goals and measurement schedule with your healthcare professional.

You might also be interested in exploring **this simple, little-known method** that many people use to help support balanced blood pressure:

[Click Here to Try Now](#)

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