

14-Day Blood Pressure Log

Record a morning and an evening reading each day. SYS = systolic (top number), DIA = diastolic (bottom number), both in mmHg. Pulse = beats per minute.

Name _____ Doctor _____ Start date _____ Arm used (L / R) _____

Day	Date	MORNING				EVENING				Notes / how I felt
		Time	SYS	DIA	Pulse	Time	SYS	DIA	Pulse	
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										

SUMMARY (fill in after 14 days, as SYS / DIA)

Avg morning _____ Avg evening _____ Highest _____ Lowest _____

NOTES / QUESTIONS FOR MY DOCTOR

Understanding your blood pressure

A quick reference to keep with your log. Bring both pages to your appointment.

	Category	Systolic (top number)	Diastolic (bottom number)
	Normal	less than 120	and less than 80
	Elevated	120 – 129	and less than 80
	High blood pressure (Stage 1)	130 – 139	or 80 – 89
	High blood pressure (Stage 2)	140 or higher	or 90 or higher
	Hypertensive crisis	higher than 180	and/or higher than 120

Based on American Heart Association categories for adults. One high reading does not mean you have high blood pressure; your doctor looks at the pattern over time.

HOW TO MEASURE AT HOME

- Sit quietly for 5 minutes first, back supported, feet flat, legs uncrossed.
- Rest your arm on a table at heart level. Put the cuff on bare skin, not over clothes.
- No caffeine, exercise or smoking for 30 minutes before. Use the bathroom first.
- Do not talk or move during the reading.
- Take 2 readings, 1 minute apart. Write the average (or both) in the log.
- Measure at the same times daily, usually morning before medicines and evening before dinner, unless your doctor says otherwise.
- Use the same arm and a correctly sized cuff.
- Record every reading, even ones that look high or low.

WHEN TO GET HELP

Reading higher than 180 / 120? Rest 5 minutes and measure again. If it is still that high, call your doctor right away.

Call emergency services (911 in the US) if you also have chest pain, shortness of breath, back pain, numbness or weakness, vision changes or trouble speaking.

BRING TO YOUR APPOINTMENT

- This log (both pages)
- Your home monitor, to check its accuracy
- A list of your medicines
- Your questions

Skip the paper. Track it with BloodSnap.

Log blood pressure, blood sugar and weight in seconds, snap a photo of your monitor, set pill reminders, and export a clean PDF report for your doctor.

bloodsnap.com

