Community Health Center

SERVE the PEOPLE

Patient Blood Pressure Log

Tips to get started:

1. Measure your blood pressure at the same time in the morning and evening.

2. Use both arms the first time you take your blood pressure. Then, use which arm has the higher value for future measures.

3. Contact your health professional if your blood pressure is:
Below ___ / ___ mmHg ; Above ___ / ___ mmHg

I will use my: left arm ☐ right arm ☐

Scan this code to watch a helpful video on how to properly measure your blood pressure.

My blood pressure goal is ___ / ___ mmHg

Date	Time	Blood Pressure	Pulse	Date	Time	Blood Pressure	Pulse
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Please bring your blood pressure log to your next medical visit.