WEIGHT AND BLOOD PRESSURE LOG

Patient Name:	My blood pressure target goal is:/	mmHg
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Date	Time	Weight	Blood Pressure (systolic/diastolic)	Heart rate (pulse)	Comments
Ex: 3/4/2011	Ex: 8:00pm	Ex: 178 lbs.	Ex: 130/80	Ex: 85	Ex: At pharmacy

Instructions

- Take your blood pressure at the same time each day (ex: morning or Evening) or as your health care professional recommends.
- Sit up with your back straight and supported and your feet flat on the floor.
- Support your arm on a flat surface with your upper arm at heart level.
- Seek medical attention as soon as possible if your blood pressure is higher
- than 180/110 mmHg.
- Call our office for increase in weight by 3-4 pounds in a span of 2-3 days.

