How to Fill In This Log

Date	Write the day, for example 11/23.
Time	Write the time of day, for example 8:00 AM.
Systolic	Write the top number from your monitor.
Diastolic	Write the bottom number from your monitor.
Pulse	Write the pulse number from your monitor.
Notes	Write anything you want to remember, such as which arm you used.

Use one row for each time you measure. This log is for personal record keeping and is not medical advice.

Blood Pressure Log

Date	Time	Systolic	Diastolic	Pulse	Notes