

Blood pressure log

Seven days, morning and evening, two readings each

WEEK OF _____

NAME _____

ARM _____

MONITOR _____

DATE	MORNING			EVENING			NOTES
	1ST SYS/DIA	2ND SYS/DIA	HR	1ST SYS/DIA	2ND SYS/DIA	HR	
1	/	/		/	/		
2	/	/		/	/		
3	/	/		/	/		
4	/	/		/	/		
5	/	/		/	/		
6	/	/		/	/		
7	/	/		/	/		
WEEK AVERAGE UK NICE: days 2 to 7 _____ / _____ mmHg HR _____ bpm							

SYS: systolic. DIA: diastolic. HR: heart rate.

Add it up at [bdiary.app/avg](#)

BEFORE YOU MEASURE

- 1
- Sit quietly for five minutes first, without talking.
- 2
- No caffeine, smoking or exercise in the thirty minutes before.
- 3
- Bare arm, cuff at heart level, arm resting on a table.
- 4
- Take two readings one minute apart and write down both.
- 5
- Measure at the same times every day.

AHA/ACC BLOOD PRESSURE CATEGORIES

Normal

SYS below 120 and DIA below 80

Elevated

SYS 120 to below 130 and DIA below 80

Stage 1 hypertension

SYS 130 to below 140, or DIA 80 to below 90

Stage 2 hypertension

SYS 140 or higher, or DIA 90 or higher

AHA/ACC 2025