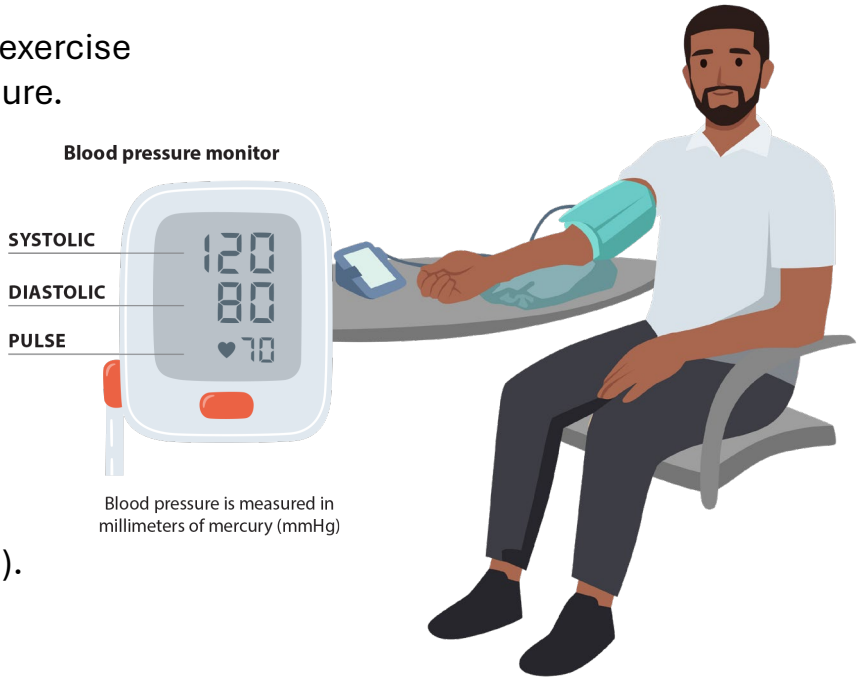
Blood Pressure Log

Home Blood Pressure Monitoring Video

Measuring blood pressure at home

1. Avoid nicotine, caffeine, alcohol and exercise 30 minutes before taking blood pressure.
2. Empty your bladder.
3. Sit quietly and relax for 5 minutes.
4. Do not talk. Breathe normally.
5. Sit upright with back supported.
6. Keep both feet flat on the floor.
7. Use correct cuff size.
8. Pull blood pressure cuff snug (keep room for two fingers to fit underneath).
9. Support the arm on a flat surface at heart level with your palm facing up.



Blood pressure is measured in millimeters of mercury (mmHg)

Blood Pressure Categories

Hypertensive Emergency	180/120 or higher with symptoms: headache, dizziness, falls, visual changes, confusion, shortness of breath, chest pain, or vomiting	Call 911
Severe Hypertension / Hypertensive Urgency	180/120 or higher without symptoms	Call your health care provider
Hypertension (High Blood Pressure)	Greater than 130/90 or based on your individual goal	Follow provider recommendations
Ideal Blood Pressure	Less than 130/80 or based on your individual goal	Follow provider recommendations
Hypotension (Low Blood Pressure)	BP 90/60 mmHg or lower with dizziness	Call your health care provider

Based on 2020 VA/DoD Clinical Practice Guidelines

Blood Pressure Log

Your Blood Pressure Goal: _____

Your Blood Pressure Medications: _____

Blood Pressure Instructions: _____

_____

Systolic pressure (top number)
When your heart squeezes blood out of your heart to the rest of the body

Diastolic pressure (bottom number)
When your heart relaxes between beats, allowing your heart to fill with blood

Pulse (heart rate)
How fast or slow your heart is beating

MORNING			EVENING			
Date & Time	Blood Pressure	Pulse	Time	Blood Pressure	Pulse	Notes
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