My Blood Pressure Log

American Heart Association | American Stroke Association

Name_____

My Blood Pressure Goal _____ mm Hg

Instructions

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.
- You can also use AHA's Check. Change. Control.® Tracker (**ccctracker.com/aha**), a free online tool to help you track and monitor your blood pressure. Just find the campaign code on the map for your state and sign up.

Date	AM	PM

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