TEXAS KIDNEY SPECIALISTS, P.A.

BLOOD PRESSURE LOG

NAME: _____

MY BLOOD PRESSURE GOAL IS _____ 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.

Date	AM	PM

Date	AM	PM

Date	AM	PM

Date	AM	PM