

My 7-day blood pressure log

Morning and evening, two readings one minute apart. Write down the numbers your own cuff shows.

Name _____ Week of _____ Cuff _____ Arm: L / R _____

Day	When	Reading 1 top / bottom · pulse	Reading 2 1 minute later	Notes how you felt, anything else
Day 1 Date _____	Morning Time _____	/	/	
	Evening Time _____	/	/	
Day 2 Date _____	Morning Time _____	/	/	
	Evening Time _____	/	/	
Day 3 Date _____	Morning Time _____	/	/	
	Evening Time _____	/	/	
Day 4 Date _____	Morning Time _____	/	/	
	Evening Time _____	/	/	
Day 5 Date _____	Morning Time _____	/	/	
	Evening Time _____	/	/	
Day 6 Date _____	Morning Time _____	/	/	
	Evening Time _____	/	/	
Day 7 Date _____	Morning Time _____	/	/	
	Evening Time _____	/	/	

Top / bottom = the two numbers on your cuff's screen **Pulse** = the dashed box

Before each check-in

- 1 Skip coffee, exercise and smoking for 30 minutes before.
- 2 Sit quietly for 5 minutes. No phone, no talking.
- 3 Back supported, feet flat on the floor, legs uncrossed.
- 4 Cuff on your bare arm, arm resting at heart level.
- 5 Take reading 1, wait one minute, take reading 2.
- 6 Same arm and about the same times every day.

Tips based on the American Heart Association's guidance for home readings. Your doctor may ask for a different routine: follow theirs.

My week

Readings written down

_____ of 28

Days with both check-ins

_____ of 7

Questions or notes for my appointment

Prefer your phone?

Calmcuff keeps this same week on your iPhone: big numbers, reminders, and a one-page report for your doctor (the report is part of Calmcuff Plus; logging is free).

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