Blood pressure log

Two readings a day: morning and evening.

WEEK OF _____

Arm used: L / R

Date	Time	Systolic	Diastolic	Pulse	Notes
	am				
	pm				
	am				
	pm				
	am				
	pm				
	am				
	pm				
	am				
	pm				
	am				
	pm				
	am				
	pm				
	am				
	pm				

WEEKLY AVERAGE

SYSTOLIC _____ **DIASTOLIC** _____ **PULSE** _____