

7-Day Low Blood Pressure & Symptom Log

Readings alone do not tell the story when your pressure runs low. What gets taken seriously is the reading, the time, and what you were doing, all on one page.

Name _____
 Start date _____
 Monitor _____
 Medications _____

Before every reading

1. Sit quietly for 5 minutes first. No talking.
2. Back supported, feet flat on the floor, legs uncrossed.
3. Bare arm resting on a table at heart height.
4. Cuff on bare skin, snug, one finger just slides under.
5. Log the pulse too. It often moves before the pressure does.
6. Log the normal readings as well. They make the low ones mean something.

DAY	DATE	MORNING	AFTERNOON	EVENING	SYMPTOMS	WHAT I WAS DOING
		SYS / DIA · PULSE	SYS / DIA · PULSE	SYS / DIA · PULSE	DIZZY · FAINT · FOGGY	STOOD UP · SHOWER · SKIPPED MEAL
1						
2						
3						
4						
5						
6						
7						

Standing check once, on any calm day

POSITION	SYS / DIA	PULSE	HOW IT FELT
Lying down, after 5 min			
Standing, at 1 minute			
Standing, at 3 minutes			

Have someone with you and stand near a chair. If you feel faint, sit or lie down straight away and stop. Doctors recognize this three-row layout on sight, which is the point of writing it this way.

Reference points, for context only

- Readings under about **90 systolic** or **60 diastolic** are commonly described as low blood pressure.
- A drop of **20 or more systolic**, or **10 or more diastolic**, within 3 minutes of standing is the standard definition of orthostatic hypotension.
- A pulse that climbs sharply on standing while pressure holds is a separate pattern worth writing down.

Get medical help now for fainting or near-fainting, chest pain, trouble breathing, confusion, cold clammy skin, or a very low reading alongside feeling unwell. Do not wait to finish the week.



Done with the paper? Take it with you.

Same log on your phone. Every reading timestamped, the pulse and your notes kept beside it, and a one-tap PDF to hand over. Scan the code, or type the address below.

cuffapp.com/blood-pressure-log