

7-Day Blood Pressure Log

Two readings each morning and two each evening, for seven days.
This is the home log most guidelines ask for, and the one your doctor can actually read.

Name

Start date

Monitor

Arm used

Before every reading

1. Sit quietly for 5 minutes first. No talking.
2. Empty your bladder. No coffee, food or exercise for 30 minutes.
3. Back supported, feet flat on the floor, legs uncrossed.
4. Bare arm resting on a table at heart height.
5. Cuff on bare skin, snug, one finger just slides under.
6. Take 2 readings a minute apart. Write down both.

DAY	DATE	MORNING 1	MORNING 2	EVENING 1	EVENING 2	NOTES
		SYS / DIA · PULSE	SYS / DIA · PULSE	SYS / DIA · PULSE	SYS / DIA · PULSE	
1						
2						
3						
4						
5						
6						
7						

Your 7-day averages

Overall

Morning only

Evening only

Day 1 usually reads highest. Many clinicians average days 2–7 only. Bring both numbers.

Reference ranges American Heart Association

- Normal

Under 120 **and** under 80
- Elevated

120–129 **and** under 80
- High, stage 1

130–139 **or** 80–89
- High, stage 2

140 or higher **or** 90 or higher
- Crisis

Over 180 **or** over 120, seek care now



Done with the paper? Take it with you.

Same log on your phone, with the averages worked out for you and a one-tap PDF report to hand your doctor. Scan the code, or type the address below.

cuffapp.com/blood-pressure-log