

Blood Pressure Log

One line a day for seven days. Write the morning reading on the left and the evening reading on the right. Big boxes, big type, no reading glasses needed.

Name _____
 Start _____
 Arm _____

Before every reading

1. Sit still for 5 minutes first. Do not talk during the reading.
2. Back supported, feet flat on the floor, legs uncrossed.
3. Bare arm resting on a table, level with your heart.

DAY	DATE	MORNING TOP / BOTTOM · PULSE	EVENING TOP / BOTTOM · PULSE	NOTES
1				
2				
3				
4				
5				
6				
7				

7-day average

Morning

Evening

Under 120 / 80
Normal

120–129 / <80
Elevated

130–139 / 80–89
High, stage 1

140+ / 90+
High, stage 2

Over 180 / 120
Get help now



Done with the paper? Take it with you.

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

cuffapp.com/blood-pressure-log

This sheet is a record-keeping tool, not a medical device and not medical advice. It does not diagnose or treat anything. Ranges shown are published American Heart Association reference ranges, for context only. If a reading is very high, or you feel unwell, contact a clinician or emergency services immediately.