HOME BLOOD PRESSURE LOG

- 1. RELAX FOR 5 MINUTES BEFORE TAKING MEASUREMENT
- 2. SIT IN CHAIR WITH ARM ON TABLE, **CUFF POSITIONED AT UPPER ARM 1 INCH ABOVE ELBOW FOLD**, LEGS NOT CROSSED
- 3. NO EXERCISE, CAFFEINE, OR MEAL FOR AT LEAST 30 MINUTES BEFORE TAKING BLOOD PRESSURE.
- 4. CHECK BLOOD PRESSURE WITHIN 1 HOUR OF WAKING UP AND AT 7 PM
- 5. TARGET BLOOD PRESSURE AT SBP: 120-140/ DBP: 80-90

DATE	TIME	SBP	DBP	PULSE	NOTES	DAT	Έ	TIME	SBP	DBP	PULSE	NOTE



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