

Blood Pressure Log Sheet



Monitoring your blood pressure at home is now considered more important than your office readings.



4300 N. BRANDYWINE DR • PEORIA, IL 61614 • P 309.692.0123 • F 309.692.0184

DRKNIGHT@THEKNIGHTCENTER.COM • WWW.THEKNIGHTCENTER.COM



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Name: _____ DOB: _____

HOME BLOOD PRESSURE DIARY

Date	Time AM	BP	Pulse	Time PM	BP	Pulse	Comments: Weight up/down, med changes, how you feel, any symptoms

Please average the top number (systolic) and write here: _____

Please average the bottom number (diastolic) and write here: _____

Please average the pulse as well: _____

If you bring in more than 6 weeks of measurements then figure out the average for each month. If you bring 6 weeks or less figure out the average for each week. This helps me see the trend.

Average by adding all the numbers and divide by the number of readings you added up. If you entered 20 blood pressure readings you would add all the top numbers and divide by 20 to get the average systolic BP.