BP Log

FREE PRINTABLE KIT

# Home Blood Pressure Log

Four weeks of morning and evening readings, a one-page summary for your doctor, and a simple routine for measuring the way clinicians recommend.

THIS LOG BELONGS TO

NAME

DATE OF BIRTH

START DATE

DOCTOR

DOCTOR PHONE

## How to use this kit

1. **Learn the routine.** Read How to measure correctly (page 2) and set up a quiet spot.
2. **Measure twice, twice a day.** Each morning and evening, take 2 readings 1 minute apart.
3. **Average as you go.** Write each pair's average, then fill the weekly summary box.
4. **Summarize before your visit.** Fill the Doctor Visit Summary (page 9) and your questions.
5. **Bring it along.** Take this kit, your cuff and your medicines to your appointment.

INSIDE THIS KIT


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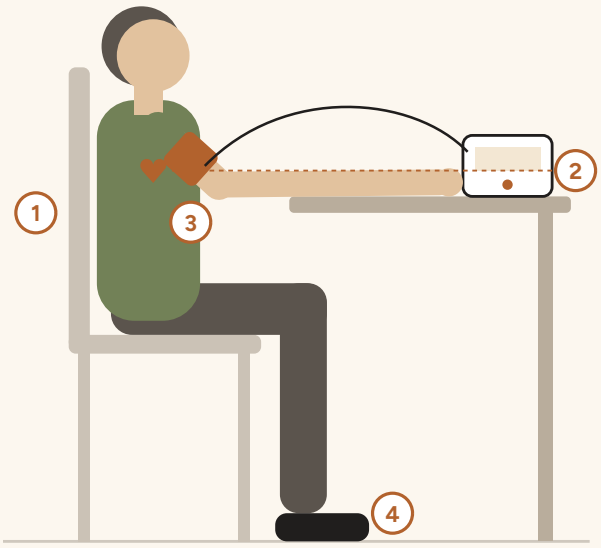
BEFORE YOU START

# How to measure correctly

Follow the same routine every time. Small slips, like talking, a crossed leg or a cuff over a sleeve, can push a reading up by several points.




1 Back supported
2 Arm on a table, cuff at heart level
3 Cuff on bare upper arm
4 Feet flat, legs uncrossed

### 30 MINUTES BEFORE

- [ ] No caffeine, exercise or smoking.
- [ ] Empty your bladder.

### GET SET

- [ ] Sit quietly for 5 minutes before the first reading.
- [ ] Back supported, feet flat on the floor, legs uncrossed.
- [ ] Arm supported on a table, cuff at heart level.
- [ ] Cuff on your bare upper arm, not over a sleeve.
- [ ] Use the correct cuff size (see the chart below).

### TAKE THE READINGS

- [ ] No talking, phone or TV while measuring.
- [ ] Take 2 readings, 1 minute apart. Write both down.
- [ ] Use the same arm each time.

### WHEN

- [ ] **Morning:** within an hour of waking, after the bathroom, before medicines, food and coffee.
- [ ] **Evening:** before dinner.

## Cuff size by upper-arm circumference

Measure around the middle of your upper arm.

| Small adult | Adult | Large adult | Extra large |
|---|---|---|---|
| **22 to 26 cm** | **27 to 34 cm** | **35 to 44 cm** | **45 to 52 cm** |
| 8.7 to 10.2 in | 10.6 to 13.4 in | 13.8 to 17.3 in | 17.7 to 20.5 in |

## How to write one morning

| Reading 1 | | | Reading 2 | | | Average | |
|---|---|---|---|---|---|---|---|
| SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA |
| 134 | 86 | 72 | 130 | 84 | 70 | 132 | 85 |

Write the top number under SYS and the bottom number under DIA. The average of two readings is their sum divided by 2: (134 + 130) ÷ 2 = 132, and (86 + 84) ÷ 2 = 85.

**Use a validated upper-arm monitor.** Check yours at validatebp.org. Wrist cuffs are less reliable; if you use one, keep your wrist at heart level.

Method: American Heart Association guidance on home blood pressure monitoring and the 2025 AHA/ACC high blood pressure guideline. More at bplog.cc/guides.

REFERENCE

# Blood pressure categories

From the 2025 ACC/AHA guideline. Compare your averages over several days, not single readings. Categories describe numbers; only your doctor can diagnose.

| CATEGORY | SYSTOLIC (TOP) | | DIASTOLIC (BOTTOM) |
|---|---|---|---|
| **Low** Readings consistent with Low | Under 90 | | Any |
| **Normal** Readings consistent with Normal | Under 120 | and | Under 80 |
| **Elevated** Readings consistent with Elevated | 120 to 129 | and | Under 80 |
| **Stage 1** Readings consistent with Stage 1 | 130 to 139 | or | 80 to 89 |
| **Stage 2** Readings consistent with Stage 2 | 140 or higher | or | 90 or higher |

All values in mmHg. Low is a systolic average under 90, whatever the diastolic.

## Reading the categories

- If the top and bottom numbers fall in different categories, the higher one applies. Example: 128/84 is consistent with Stage 1.
- One high reading on its own is common. Patterns across a week of averages tell your doctor more.
- Each category has its own marker shape, matching the BP Log app, so the chart and legend still work in black and white.

## When to get help right away

If your reading is **above 180/120**, wait 1 minute and measure again. If it is still that high and you have chest pain, shortness of breath, back pain, numbness, weakness, vision change or difficulty speaking, **call 911**.

Source: American Heart Association, Understanding Blood Pressure Readings (heart.org).

YOUR CARE PLAN

# My medications

Include blood pressure medicines and anything else you take regularly, such as pain relievers, decongestants or supplements. They can affect your readings.

| MEDICATION | DOSE | TIME(S) | STARTED | NOTES (PURPOSE, SIDE EFFECTS) |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

### TARGET SET BY MY DOCTOR

My home target: below _____ / _____ mmHg

SET ON (DATE) _____ SET BY _____

Call the office if my average is above

_____ / _____ mmHg

or if I notice: _____

### MY CARE TEAM

DOCTOR _____ PHONE _____

PHARMACY _____ PHONE _____

OTHER (NURSE LINE, SPECIALIST) _____

_____

## Allergies and other health conditions

_____

_____

_____

WEEK 1 OF 4

# Week 1 log

WEEK OF _____

CUFF SITE ☐ Left arm ☐ Right arm ☐ Wrist

POSITION ☐ Seated ☐ Other _____

| Day | MORNING before medicines, food and coffee | | | | | | | | EVENING before dinner | | | | | | | | CONTEXT | | | | Notes |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Reading 1 | | | Reading 2 | | | Average | | Reading 1 | | | Reading 2 | | | Average | | | | | | |
| DATE | SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA | SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA | Missed med | Caffeine | Exercise | Stress | SYMPTOMS, ANYTHING UNUSUAL |
| Day 1 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 2 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 3 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 4 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 5 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 6 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 7 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |

## WEEK 1 SUMMARY

**How to average:** add up the morning systolic numbers and divide by how many you added. Repeat for diastolic, then for evening. Example: (132 + 126 + 129) ÷ 3 = 129.

| Morning average | Evening average | Overall average | Highest | Lowest | Days logged |
|---|---|---|---|---|---|
| ____ / ____ | ____ / ____ | ____ / ____ | ____ / ____ | ____ / ____ | ____ of 7 |
| all morning averages | all evening averages | all readings | single reading | single reading | days with readings |

WEEK 2 OF 4

# Week 2 log

WEEK OF _____

CUFF SITE ☐ Left arm ☐ Right arm ☐ Wrist

POSITION ☐ Seated ☐ Other _____

| Day | MORNING before medicines, food and coffee | | | | | | | | EVENING before dinner | | | | | | | | CONTEXT | | | | Notes |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Reading 1 | | | Reading 2 | | | Average | | Reading 1 | | | Reading 2 | | | Average | | | | | | |
| DATE | SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA | SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA | Missed med | Caffeine | Exercise | Stress | SYMPTOMS, ANYTHING UNUSUAL |
| Day 1 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 2 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 3 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 4 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 5 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 6 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 7 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |

## WEEK 2 SUMMARY

**How to average:** add up the morning systolic numbers and divide by how many you added. Repeat for diastolic, then for evening. Example: (132 + 126 + 129) ÷ 3 = 129.

| Morning average | Evening average | Overall average | Highest | Lowest | Days logged |
|---|---|---|---|---|---|
| ____ / ____ | ____ / ____ | ____ / ____ | ____ / ____ | ____ / ____ | ____ of 7 |
| all morning averages | all evening averages | all readings | single reading | single reading | days with readings |

WEEK 3 OF 4

# Week 3 log

WEEK OF _____

CUFF SITE ☐ Left arm ☐ Right arm ☐ Wrist

POSITION ☐ Seated ☐ Other _____

| Day | MORNING before medicines, food and coffee | | | | | | | | EVENING before dinner | | | | | | | | CONTEXT | | | | Notes |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Reading 1 | | | Reading 2 | | | Average | | Reading 1 | | | Reading 2 | | | Average | | | | | | |
| DATE | SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA | SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA | Missed med | Caffeine | Exercise | Stress | SYMPTOMS, ANYTHING UNUSUAL |
| Day 1 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 2 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 3 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 4 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 5 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 6 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 7 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |

## WEEK 3 SUMMARY

**How to average:** add up the morning systolic numbers and divide by how many you added. Repeat for diastolic, then for evening. Example: (132 + 126 + 129) ÷ 3 = 129.

| Morning average | Evening average | Overall average | Highest | Lowest | Days logged |
|---|---|---|---|---|---|
| ____ / ____ | ____ / ____ | ____ / ____ | ____ / ____ | ____ / ____ | ____ of 7 |
| all morning averages | all evening averages | all readings | single reading | single reading | days with readings |

WEEK 4 OF 4

# Week 4 log

WEEK OF _____

CUFF SITE ☐ Left arm ☐ Right arm ☐ Wrist

POSITION ☐ Seated ☐ Other _____

| Day | MORNING before medicines, food and coffee | | | | | | | | EVENING before dinner | | | | | | | | CONTEXT | | | | Notes |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Reading 1 | | | Reading 2 | | | Average | | Reading 1 | | | Reading 2 | | | Average | | | | | | |
| DATE | SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA | SYS | DIA | PULSE | SYS | DIA | PULSE | SYS | DIA | Missed med | Caffeine | Exercise | Stress | SYMPTOMS, ANYTHING UNUSUAL |
| Day 1 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 2 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 3 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 4 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 5 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 6 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |
| Day 7 | | | | | | | | | | | | | | | | | ☐ | ☐ | ☐ | ☐ | |

## WEEK 4 SUMMARY

**How to average:** add up the morning systolic numbers and divide by how many you added. Repeat for diastolic, then for evening. Example: (132 + 126 + 129) ÷ 3 = 129.

| Morning average | Evening average | Overall average | Highest | Lowest | Days logged |
|---|---|---|---|---|---|
| ____ / ____ | ____ / ____ | ____ / ____ | ____ / ____ | ____ / ____ | ____ of 7 |
| all morning averages | all evening averages | all readings | single reading | single reading | days with readings |

BRING TO YOUR APPOINTMENT

# Doctor Visit Summary

Patient _____ Dates _____ to _____ Paired AM/PM home readings

OVERALL AVERAGE

**Mean** _____ / _____ mmHg

TICK THE CATEGORY IT IS CONSISTENT WITH

- ☐ ▼ Low
- ☐ ● Normal
- ☐ ○ Elevated
- ☐ ◆ Stage 1
- ☐ ▲ Stage 2

| | | |
|---|---|---|
| _____ / _____ mmHg<br>Morning (AM) average | _____ / _____ mmHg<br>Evening (PM) average | _____ %<br>Days in target |
| _____ / _____ mmHg<br>Highest reading | _____ / _____ mmHg<br>Lowest reading | _____ days<br>Days logged |

**Days in target, worked out:** count the days whose average was below your target (page 4, or 130/80 if none was set), divide by days logged, then multiply by 100. Example: 18 of 24 days = 18 ÷ 24 × 100 = 75%.

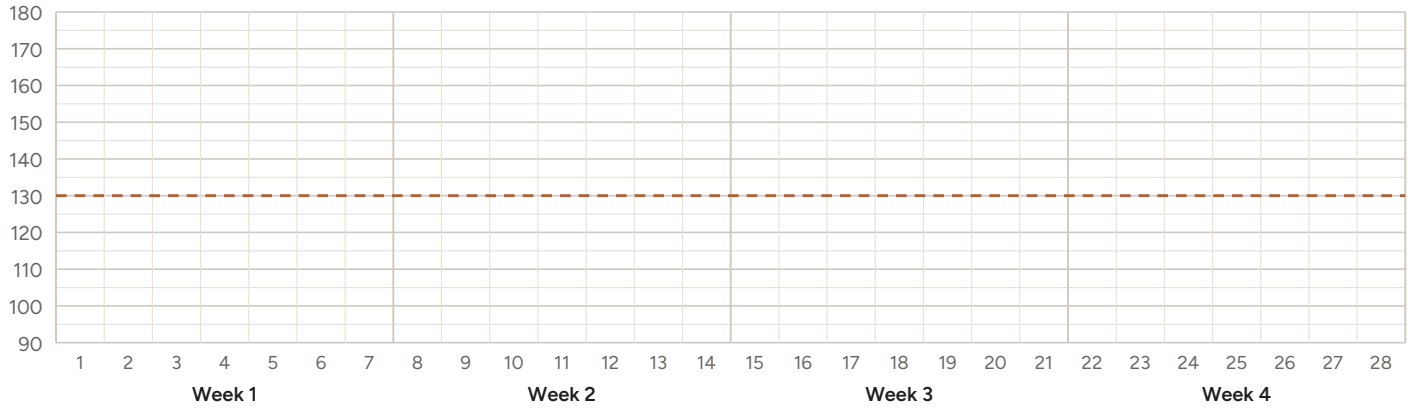
## Category distribution

Number of days whose average falls in each category

| ▼ Low | ● Normal | ○ Elevated | ◆ Stage 1 | ▲ Stage 2 |
|---|---|---|---|---|
| _____ | _____ | _____ | _____ | _____ |

## Morning vs. evening (systolic, mmHg)

● Morning (filled) ○ Evening (hollow) ---- Target 130




## Symptoms I noticed

_____

_____

_____

_____

_____

## Questions for my doctor

_____

_____

_____

_____

_____

2025 ACC/AHA categories are descriptive only, not a diagnosis. Chart day numbers match Day 1 to 7 of each weekly log.

IF YOUR DOCTOR ASKS

# Orthostatic check

This shows how your blood pressure changes when you stand up. Have someone with you, and stand next to something sturdy you can hold. If you feel faint, sit or lie down right away.

### 1. Lie down

Rest on your back for 5 minutes, then measure.

### 2. Stand, 1 minute

Stand up. After 1 minute, measure with your arm supported at heart level.

### 3. Stand, 3 minutes

Stay standing. At 3 minutes, measure again.

## Check 1

DATE AND TIME _____

| | SYS | DIA | PULSE | DIZZY OR LIGHTHEADED |
|---|---|---|---|---|
| Lying, after 5 minutes | | | | ☐ Yes |
| Standing, 1 minute | | | | ☐ Yes |
| Standing, 3 minutes | | | | ☐ Yes |

Largest drop from lying: SYS _____ DIA _____ ☐ Drop of 20+ systolic or 10+ diastolic

## Check 2

DATE AND TIME _____

| | SYS | DIA | PULSE | DIZZY OR LIGHTHEADED |
|---|---|---|---|---|
| Lying, after 5 minutes | | | | ☐ Yes |
| Standing, 1 minute | | | | ☐ Yes |
| Standing, 3 minutes | | | | ☐ Yes |

Largest drop from lying: SYS _____ DIA _____ ☐ Drop of 20+ systolic or 10+ diastolic

## Check 3

DATE AND TIME _____

| | SYS | DIA | PULSE | DIZZY OR LIGHTHEADED |
|---|---|---|---|---|
| Lying, after 5 minutes | | | | ☐ Yes |
| Standing, 1 minute | | | | ☐ Yes |
| Standing, 3 minutes | | | | ☐ Yes |

Largest drop from lying: SYS _____ DIA _____ ☐ Drop of 20+ systolic or 10+ diastolic

**What the flag means:** a fall of 20 mmHg or more in systolic, or 10 mmHg or more in diastolic, within 3 minutes of standing is the pattern clinicians call orthostatic hypotension. A flagged check is worth showing your doctor, along with any dizziness you noticed.

BP Log

# Want this done automatically?

BP Log times your readings, averages each morning and evening, sorts them into the 2025 ACC/AHA categories and builds the Doctor Visit Report for you. Your data stays yours, on your device and in your own cloud account.

### iPhone app

Guided readings, Apple Health sync and a one-tap doctor report.

### Android app

The same guided routine and report, on your Android phone.

### Desktop app

For Mac and Windows, with backups to your own cloud.

### Excel workbook

A ready-made log with dashboard and print-ready report.

SCAN TO GET STARTED

## bplog.cc

The iPhone app is free to start. You will also find guides on measuring, cuff sizes and what your numbers mean.

This kit is free to print, copy and share. It is for keeping records and talking with your doctor, and is not medical advice.