



PATIENT & CAREGIVER EDUCATION

Blood Pressure and Pulse Log

Use this log to keep track of your blood pressure and pulse. Bring it to all your appointments.

Check your blood pressure (BP) and pulse twice a day, once in the morning and once in the afternoon. Record it in the log below. Call your doctor's office if your systolic blood pressure (top number) is higher than 150 or your diastolic blood pressure (bottom number) is higher than 90 for 2 days in a row.

| Date | Time | Systolic BP / Diastolic BP (Top Number) / (Bottom Number) | Pulse | Comments |
|-------------|-------------|---|--------------|-----------------|
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