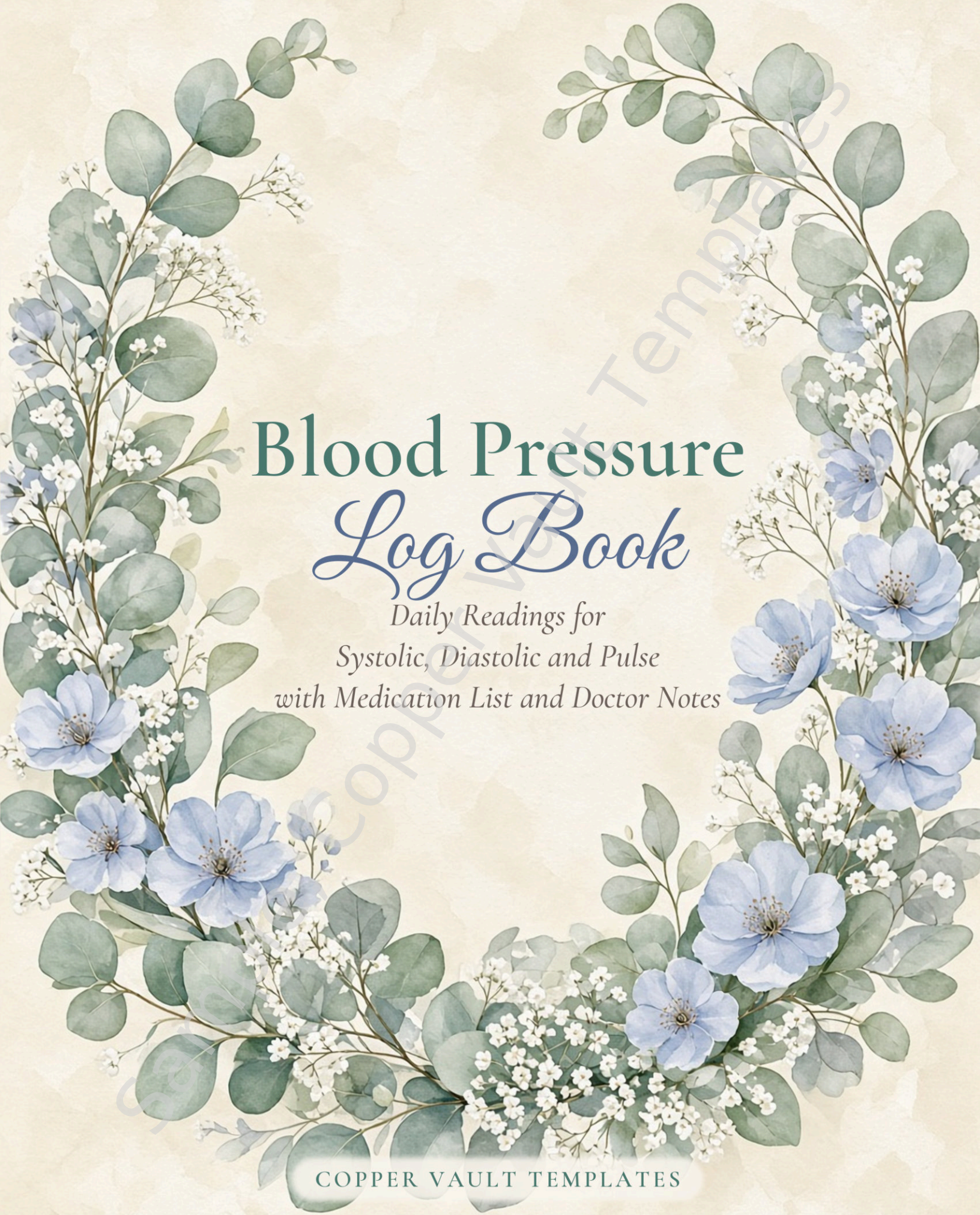


Blood Pressure Log Book

Daily Readings for
Systolic, Diastolic and Pulse
with Medication List and Doctor Notes

Copper Vault Templates

COPPER VAULT TEMPLATES

About This Log

Keeping a simple, steady record of your home readings is one of the easiest ways to understand your blood pressure over time. This log gives you a calm, clear place to write down every reading, so you can see your own patterns and bring a complete record to each appointment.

WHAT IS INSIDE

- How to Measure Blood Pressure at Home: general tips for steady, comparable readings.
- Personal Information, a Medication List, Medication Changes and My Care Team.
- An Appointment Log, eight Appointment Notes pages, a Symptoms and Side Effects Log and Questions for My Doctor.
- 13 months of weekly log pages. Each week has room for morning (AM) and evening (PM) readings for 7 days: date, time, systolic, diastolic, pulse, arm, position and notes, with a Weekly Averages box.
- A Monthly Summary and a Notes page after every month, a Year at a Glance page and extra notes pages.

HOW TO USE IT

1. Fill in your personal information, medications and care team first.
2. Start the first weekly page on any day. Write the month, the starting date and each reading as soon as you take it.
3. At the end of each week, work out your averages: add up the numbers and divide by how many readings you took.
4. Each month, copy your weekly averages onto the Monthly Summary and note any changes or questions.
5. Bring this log to every appointment and ask your doctor what range is right for you.

This log is undated, so you can begin in any month. It is for personal record keeping only and is not medical advice.

Sample, Copper Vault Templates

How to Measure Blood Pressure at Home

General tips for steady readings. If your doctor gives you different instructions, follow your doctor.

BEFORE YOU MEASURE

- Avoid caffeine, exercise and smoking for at least 30 minutes before a reading.
- Use the bathroom first. A full bladder can change your reading.
- Sit quietly and rest for about 5 minutes before you begin.

HOW TO SIT

- Sit in a chair with your back supported, feet flat on the floor and legs uncrossed.
- Rest your arm on a table so the cuff is at about the level of your heart.
- Put the cuff on bare skin on your upper arm, with the bottom edge just above the bend of your elbow. Use the cuff size that fits your arm.

WHILE YOU MEASURE

- Stay still and do not talk while the cuff works.
- Take two or three readings about one minute apart, or as many as your doctor asks, and write each one down.
- Measure at about the same times each day, such as morning and evening, and use the same arm each time.

YOUR MONITOR

- An automatic upper arm monitor that has been checked for accuracy (validated) is a good choice.
- Bring your monitor to an appointment so your care team can compare it with theirs.

READING THE NUMBERS

A reading is written as two numbers, such as 118/76 mmHg. The top number, systolic, is the pressure when your heart beats. The bottom number, diastolic, is the pressure while your heart rests between beats. Pulse is your heart rate in beats per minute (bpm). Ask your doctor what range is right for you.

These general tips are similar to home monitoring guidance shared by health organizations such as the American Heart Association. They are not medical advice.

Sample: Copper Vault Templates

❀ Weekly Log

LOG MONTH 1 WEEK 1 OF 5

MONTH _____ YEAR _____ WEEK OF ____ / ____ / _____
MM DD YYYY

DATE *MM/DD*	TIME	SYSTOLIC *mmHg*	DIASTOLIC *mmHg*	PULSE *bpm*	ARM *circle*	POSITION *circle*	NOTES
/	AM				L R	Sit Stand Lie	
	PM				L R	Sit Stand Lie	
/	AM				L R	Sit Stand Lie	
	PM				L R	Sit Stand Lie	
/	AM				L R	Sit Stand Lie	
	PM				L R	Sit Stand Lie	
/	AM				L R	Sit Stand Lie	
	PM				L R	Sit Stand Lie	
/	AM				L R	Sit Stand Lie	
	PM				L R	Sit Stand Lie	
/	AM				L R	Sit Stand Lie	
	PM				L R	Sit Stand Lie	
/	AM				L R	Sit Stand Lie	
	PM				L R	Sit Stand Lie	

WEEKLY AVERAGES *Add up the readings, then divide by how many you took.*

Morning (AM) SYSTOLIC _____ mmHg DIASTOLIC _____ mmHg PULSE _____ bpm

Evening (PM) SYSTOLIC _____ mmHg DIASTOLIC _____ mmHg PULSE _____ bpm

Whole week SYSTOLIC _____ mmHg DIASTOLIC _____ mmHg PULSE _____ bpm

READINGS TAKEN _____ HOW I FELT THIS WEEK _____

Sample, Copper Vault Templates

Monthly Summary

MONTH _____ YEAR _____ LOG MONTH 1 OF 13

WEEK	DATES *MM/DD to MM/DD*	AVG SYSTOLIC *mmHg*	AVG DIASTOLIC *mmHg*	AVG PULSE *bpm*	READINGS
1	/ to /				
2	/ to /				
3	/ to /				
4	/ to /				
5	/ to /				
Month	/ to /				

HIGHEST READING

____ / ____ (MM / DD) _____ / _____ mmHg ____ bpm

LOWEST READING

____ / ____ (MM / DD) _____ / _____ mmHg ____ bpm

MEDICATION CHANGES THIS MONTH

SYMPTOMS, MOOD OR OTHER NOTES

QUESTIONS FOR MY NEXT APPOINTMENT

Sample, Copper Vault Templates

Full book available on Amazon soon. Made by Copper Vault Templates.