

# Blood Pressure Log

How to record your blood pressure

- Take your blood pressure ONCE a day but at random times during the day
- Sit down for at least 5 minutes with feet flat on the floor
- Record and write your blood pressure
- Bring your blood pressure log to your next office visit so your provider can interpret

Systolic (when the heart muscle contracts)

Diastolic (when the heart muscle rests & refills with blood)

Contact the clinic if your blood pressure average is >140/90

Please Keep your follow-up appointment to review your blood pressure

Date	Systolic	Diastolic	Heart Rate

If you run out of room use the back of this sheet

Do not forget this sheet at you next appointment

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