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HOME BLOOD PRESSURE MONITORING CHART

Patient Details: **Target BP:** _____ mmHg **WhatsApp: 8807779174**

MEASUREMENT INSTRUCTIONS

1. **Prepare:** Avoid coffee, tea, alcohol, smoking and exercise 30 min before measuring
2. **Rest:** Sit quietly 5 min with back supported, feet flat on floor
3. **Cuff:** Place on bare arm, 1 inch above elbow, at heart level
4. **Measure:** Take 2 readings, 1 min apart. Record both or average
5. **Timing:** Morning (before medication) and evening, daily

⚠ **SEEK IMMEDIATE HELP:** If reading > 180/120 mmHg OR symptoms such as chest pain, shortness of breath, severe headache, or vision changes

7-DAY BLOOD PRESSURE LOG

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	Notes
	AM				
	PM				
	AM				
	PM				
	AM				
	PM				
	AM				
	PM				
	AM				
	PM				
	AM				
	PM				
	AM				
	PM				