



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.

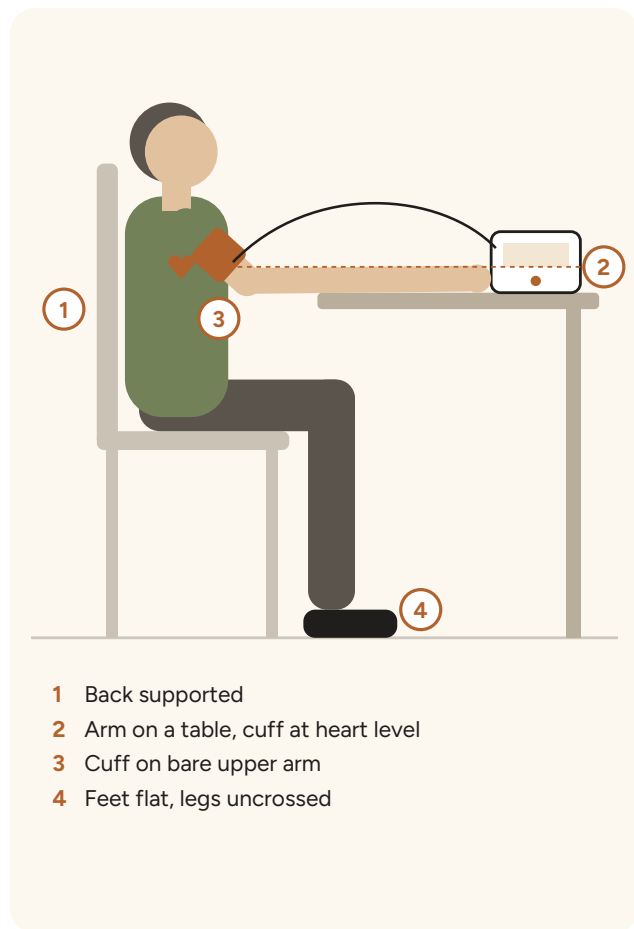
INSIDE THIS KIT

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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.



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

22 to 26 cm

8.7 to 10.2 in

Adult

27 to 34 cm

10.6 to 13.4 in

Large adult

35 to 44 cm

13.8 to 17.3 in

Extra large

45 to 52 cm

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: $(134 + 130) \div 2 = 132$, and $(86 + 84) \div 2 = 85$.

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 bplg.cc/guides.

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).

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 log

WEEK OF _____

CUFF SITE
☐ Left arm ☐ Right arm ☐ Wrist

POSITION
☐ Seated ☐ Other _____

	MORNING before medicines, food and coffee						EVENING before dinner						CONTEXT				Notes				
Day	Reading 1			Reading 2			Average		Reading 1			Reading 2			Average			Missed med	Caffeine	Exercise	Stress
DATE	SYS	DIA	PULSE	SYS	DIA	PULSE	SYS	DIA	SYS	DIA	PULSE	SYS	DIA	PULSE	SYS	DIA					
Day 1																	☐	☐	☐	☐	SYMPTOMS, ANYTHING UNUSUAL
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
____ / ____
all morning averages

Evening average
____ / ____
all evening averages

Overall average
____ / ____
all readings

Highest
____ / ____
single reading

Lowest
____ / ____
single reading

Days logged
____ of 7
days with readings

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		Missed med	Caffeine	Exercise	Stress	
DATE	SYS	DIA	PULSE	SYS	DIA	PULSE	SYS	DIA	SYS	DIA	PULSE	SYS	DIA	PULSE	SYS	DIA					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
____ / ____
all morning averages

Evening average
____ / ____
all evening averages

Overall average
____ / ____
all readings

Highest
____ / ____
single reading

Lowest
____ / ____
single reading

Days logged
____ of 7
days with readings

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		Missed med	Caffeine	Exercise	Stress	
DATE	SYS	DIA	PULSE	SYS	DIA	PULSE	SYS	DIA	SYS	DIA	PULSE	SYS	DIA	PULSE	SYS	DIA					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
____ / ____
all morning averages

Evening average
____ / ____
all evening averages

Overall average
____ / ____
all readings

Highest
____ / ____
single reading

Lowest
____ / ____
single reading

Days logged
____ of 7
days with readings

Week 4 log

WEEK OF _____

CUFF SITE
☐ Left arm ☐ Right arm ☐ Wrist

POSITION
☐ Seated ☐ Other _____

	MORNING before medicines, food and coffee						EVENING before dinner						CONTEXT				Notes				
Day	Reading 1			Reading 2			Average		Reading 1			Reading 2			Average			Missed med	Caffeine	Exercise	Stress
DATE	SYS	DIA	PULSE	SYS	DIA	PULSE	SYS	DIA	SYS	DIA	PULSE	SYS	DIA	PULSE	SYS	DIA					
Day 1																	☐	☐	☐	☐	SYMPTOMS, ANYTHING UNUSUAL
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
____ / ____
all morning averages

Evening average
____ / ____
all evening averages

Overall average
____ / ____
all readings

Highest
____ / ____
single reading

Lowest
____ / ____
single reading

Days logged
____ of 7
days with readings

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

Morning (AM) average

_____ / _____ mmHg

Evening (PM) average

_____ %

Days in target

_____ / _____ mmHg

Highest reading

_____ / _____ mmHg

Lowest reading

_____ days

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

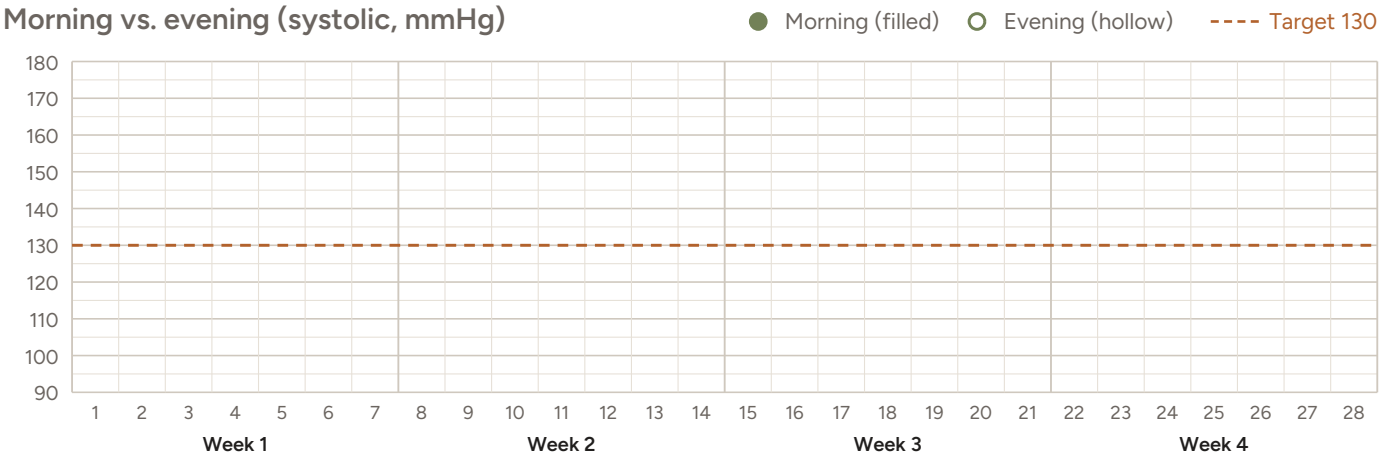
▼ Low _____

● Normal _____

○ Elevated _____

◆ Stage 1 _____

▲ Stage 2 _____



Symptoms I noticed

Questions for my doctor

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.



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.



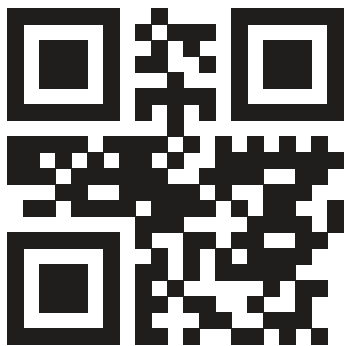
Desktop app

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.