Home Blood Pressure & Pulse (heart-rate) Log

Name

Target blood pressure

Target pulse

Date	Time (AM)	B/P	Pulse	Time (PM)	B/P	Pulse	Comments
Sample 8/6	Sample 8:15	Sample 137/87	Sample 80	Sample 8:15	Sample 137/87	Sample 80	Sample Stressful day at work

Helpful Tips

1. Sitting in a chair that supports your back with both feet flat on the ground & relax for 5 minutes.
2. Make sure the cuff is the correct size.
3. Don't talk
4. If you have to repeat, wait 20 minutes.

Symptoms of Hypotension (low)

- fatigue
- lightheadedness
- dizziness
- nausea
- clammy skin
- depression
- loss of consciousness
- blurry vision

Symptoms of Hypertension (high)

- severe headache
- fatigue & confusion
- vision problems
- chest pain
- difficulty breathing
- irregular heartbeat
- blood in urine
- pounding in chest, neck or ears

Please return to your provider at Family Care Associates