



The Home Blood-Pressure Log

One reading is a moment. Your doctor reads the pattern — so bring the pattern, not a number.

1 · BEFORE YOU PRESS START — THE PART THAT DECIDES WHETHER THE NUMBER IS TRUE

- 1 **Empty your bladder**, then sit quietly for **5 minutes**. No talking, no phone, no rushing in from the car.
- 2 No caffeine, smoking or exercise for **30 minutes** beforehand.
- 3 **Back supported, feet flat on the floor, legs uncrossed**.
- 4 **Arm resting at heart level** — on a table or cushion. Never hanging at your side, never held up by your own muscle.
- 5 **Cuff on bare skin**, not over a sleeve. Don't talk while it inflates.
- 6 Take **two readings a minute apart** and write down **both**. Measure at the same times each day.

2 · SEVEN DAYS, MORNING AND EVENING — WRITE DOWN BOTH READINGS

Day / date	When	Time	Reading 1	Reading 2	Pulse	Anything worth noting (poor sleep, stress, missed a dose, unwell)
1	AM					
	PM					
2	AM					
	PM					
3	AM					
	PM					
4	AM					
	PM					
5	AM					
	PM					
6	AM					
	PM					
7	AM					
	PM					

3 · TWO THINGS WORTH KNOWING WHILE YOU FILL THIS IN

High blood pressure usually has no symptoms. Feeling fine is not evidence, and a headache is not a reliable sign — which is the entire reason this page exists. And **one high reading is not a diagnosis; one normal reading is not an all-clear.** Your doctor is reading the pattern across days, so bring the whole page even if some rows look bad. A row you left out is the row they needed.

4 · WHAT TO ASK AT THE VISIT

- "What should my target be, given everything else in my history?"
- "Is my cuff the right size, and can we check it against yours?"
- "Looking at this week, does anything need to change?"

A very high reading — the part most people get wrong

180/120 or higher AND any of these — call 911 now: chest pain or pressure, trouble breathing, sudden weakness or numbness, trouble speaking, vision changes, a severe headache, or back pain. **Don't wait, and don't drive yourself.**

180/120 or higher with NO symptoms is not a 911 call. Rest 5 minutes and measure once more. If it is still that high, **contact your doctor right away** — the same day.

Also call 911 for stroke signs at any reading: sudden loss of balance, sudden vision change, face drooping, arm weakness, speech trouble.

For education only — general health information, not medical advice, diagnosis, or treatment, and it does not create a doctor–patient relationship. This page does not diagnose anyone and does not set anyone's target. Never start, stop, or change any medication or prescribed therapy without your own doctor — including because of what this log shows. In an emergency, call 911.

Sources: American Heart Association — Monitoring Your Blood Pressure at Home · 2017 ACC/AHA High Blood Pressure Guideline · CDC — High Blood Pressure Facts. · © 2026 Schamma Salomon, MD · Dr. Schamma Explains™ · Free to print and share, unchanged. · drsammaexplains.com/cards/bp-home-log