THEEMTSPOT
YOUR BLOOD PRESSURE SPECIALIST

Blood Pressure Log

Name: _____ Month: _____ Year: _____

Monitor: _____ Arm: ☐ Left ☐ Right Target: _____

Date	Time	Systolic top number	Diastolic bottom number	Pulse beats/min	Notes medication, symptoms, activity

FOR AN ACCURATE READING

- No caffeine, smoking or exercise for 30 minutes before.
- Empty your bladder, then sit quietly for 5 minutes.
- Back supported, feet flat, legs uncrossed.
- Cuff on bare upper arm, at heart level.
- Take 2 readings at least 1 minute apart and write down both.
- Measure at the same times each day, morning and evening.

ADULT CATEGORIES (AHA/ACC)

Normal	below 120 and below 80
Elevated	120-129 and below 80
Stage 1	130-139 or 80-89
Stage 2	140+ or 90+
Hypertensive crisis	above 180 and/or above 120

Bring this log to your next doctor's visit. It supports, but does not replace, medical advice.