

Health Clinic With Esta

SUPPORT EVERY STEP

7-Day Home Blood Pressure Log

Name: _____

Week of: _____

How to use this log: Sit quietly for 5 minutes before checking. Keep feet flat on the floor, back supported, arm resting at heart level, and avoid talking during the reading. If your clinician gave you a different schedule, follow that plan.

Day	Time	Systolic	Diastolic	Pulse	Notes / Symptoms
Mon	AM				
	PM				
Tue	AM				
	PM				
Wed	AM				
	PM				
Thu	AM				
	PM				
Fri	AM				
	PM				
Sat	AM				
	PM				
Sun	AM				
	PM				

Weekly average (optional):

Systolic _____

Diastolic _____

Pulse _____

When to seek help

Urgent: If your blood pressure is higher than **180/120 mm Hg** and you have symptoms such as chest pain, shortness of breath, weakness or numbness, vision changes, or difficulty speaking, call 911. If you do not have symptoms, repeat the measurement after at least 1 minute and contact your healthcare professional promptly if it remains this high.

Bring this log to your appointments. Home readings can help your healthcare professional understand your blood pressure pattern and make safer treatment decisions.

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