

What You Need to Know About Blood Pressure Before Using This Log Book

Before you start tracking your blood pressure, it's essential to understand the basics of what blood pressure is, why it matters, and how to measure it correctly. This will help you make the most of this Blood Pressure Log Book and gain valuable insights into your health.

◆ What is Blood Pressure?

Blood pressure is the force of blood pushing against your artery walls as your heart pumps. It's measured in millimeters of mercury (mmHg) and consists of two numbers:

1 Systolic Pressure (Top Number): The pressure when your heart beats.

2 Diastolic Pressure (Bottom Number): The pressure when your heart rests between beats.

Example: 120/80 mmHg (read as "120 over 80")

◆ Why is Blood Pressure Important?

Maintaining a healthy blood pressure is critical to preventing serious health conditions, including:

- ✓ Heart disease (hypertension can strain your heart)
- ✓ Stroke (high BP can lead to blood vessel damage)
- ✓ Kidney disease (uncontrolled BP can affect kidney function)

Category	Systolic (Top #)	Diastolic (Bottom #)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High (Stage 1)	130-139	80-89
High (Stage 2)	140 or higher	90 or higher
Hypertensive Crisis	180 or higher	120 or higher

 Important: If your readings fall into the "Hypertensive Crisis" category, seek immediate medical attention.

◆ How to Measure Your Blood Pressure Correctly

- ✓ Sit comfortably for 5 minutes before measuring.
- ✓ Keep your back straight and feet flat on the floor.
- ✓ Place the cuff on your upper arm at heart level.
- ✓ Avoid caffeine, smoking, or exercise 30 minutes before measuring.
- ✓ Take multiple readings and record the average.

Blood Pressure Log Book

Name:

Address:

Month:

Week Starting:

Time		Blood Pressure		Heart Rate (Beat Per Minute)	Notes (Medication, Symptoms)
		Systolic (Upper#)	Diastolic (Lower#)		
Monday	8:00 AM	122	80	72	Took morning meds
	8:00 PM	118	78	70	
Tuesday	8:00 AM	125	82	74	Walked 30 minutes
	8:00 PM	120	79	71	
Wednesday	8:15 AM	121	79	70	Felt fine all day
	8:00 PM	119	77	69	
Thursday	8:00 AM	128	83	76	Slept less than usual
Friday	8:00 AM	123	80	72	Took morning meds
	8:00 PM	120	78	70	
Saturday	9:00 AM	119	78	68	Light exercise
Sunday	9:00 AM	121	79	70	Rest day
	8:00 PM	118	77	69	

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Monthly Doctor Visit Log

Record important discussions during checkups

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Monthly Blood Pressure Summary

Month: January

Year: 2026

Week	Avg Systolic	Avg Diastolic	Avg Heart Rate	Notes
Week 1	122	79	71	Steady
Week 2	121	79	70	Good week
Week 3	124	80	72	Busy week
Week 4	120	78	70	Walking daily
Week 5	123	80	71	

Observations & Health Trends:

Readings stayed steady this month. Evening readings were slightly lower than morning readings. Keep walking daily and bring this log to the next appointment.

Monthly Blood Pressure Summary

Month: *January*

Year: *2026*

Week	Avg Systolic	Avg Diastolic	Avg Heart Rate	Notes
Week 1	<i>122</i>	<i>79</i>	<i>71</i>	<i>Steady</i>
Week 2	<i>121</i>	<i>79</i>	<i>70</i>	<i>Good week</i>
Week 3	<i>124</i>	<i>80</i>	<i>72</i>	<i>Busy week</i>
Week 4	<i>120</i>	<i>78</i>	<i>70</i>	<i>Walking daily</i>
Week 5	<i>123</i>	<i>80</i>	<i>71</i>	

Observations & Health Trends:

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Extra Notes

 **Food Intake:**

 **Hydration:**

 **Medicine:**

 **Exercise:**

 **Additional Notes:**

Annual Summary

Month	Average Systolic	Average Diastolic	Average Heart Rate	Notes
January				
February				
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				
Yearly Averages				

Blood Pressure Log Book

End of the free preview

Get the full 115-page log book

- 60 weekly log pages: 4 reading rows for every day, 12 months
- 24 doctor visit log pages
- 12 monthly blood pressure summaries
- 12 extra notes pages: food, hydration, medicine, exercise
- Annual summary and final review & reflection
- Paperback, or digital printable + fillable PDF

[Explore the Log Book](#)

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This log book is for personal recordkeeping only. It is not a medical diagnostic tool and does not replace professional medical advice. Consult your healthcare provider about your readings.