

Blood Pressure Monitoring Sheet

BP = Blood pressure. Systolic BP is the top number. Diastolic BP is the bottom number.

DATE	TIME	SYSTOLIC BP	DIASTOLIC BP	COMMENTS

Instructions: *Take your BP at least once a day at different times of the day. E.g. On one day, take the BP in the morning before breakfast. On another around noon. Another day in the middle of the afternoon. Yet another day in the evening before bedtime, etc. The goal is to bring in many different BPs at different times of the day to help your doctor know how your BP is doing at home.*