EAST TEXAS KIDNEY Specialists

BLOOD PRESSURE LOG

Patient Name: _____

Date of Birth: _____

Date	Time	Blood Pressure	Heart Rate (bpm)	Notes (e.g., how you feel, medications, etc)

Instructions for Patients:

- Take your blood pressure at the same time each day, preferably in the morning.
- Sit quietly for 5 minutes before measuring.
- Rest your arm on a flat surface at heart level.
- Record your readings right after taking them.
- Bring this log to your next appointment.