



Home Blood Pressure Log



You or your health care professional may want to monitor your blood pressure at home – twice a day for a week or more – before appointments – to accurately confirm your average blood pressure, and to monitor how well your blood pressure is responding to lifestyle changes or medications. This log is intended to help you consistently measure and record your blood pressure in preparation for your appointments.

How is blood pressure measured?

Blood pressure is measured on the upper arm using a device with an inflatable cuff. Blood pressure readings have two numbers, one on top of the other, as in 120/80 mmHg. The abbreviation “mmHg” represents millimeters of mercury, a standard measurement of pressure. The top number is your systolic blood pressure, and is the highest level of pressure reached as your heart beats. The bottom number is your diastolic blood pressure and is the lowest level of pressure as your heart relaxes between beats.

What type of blood pressure monitor should I buy?

It is important to select a model with the right cuff size for your upper arm. A pharmacist or other health care professional can measure your arm circumference to ensure you purchase a monitor that is right for you. There are many approved devices available in Canada. Bring the monitor to your health care professional yearly to have it checked for accuracy. For more information on selecting a monitor, visit hypertension.ca.

Who can take the measurement?

You can, or you may ask a friend or family member to assist you. It is most important that you or the person assisting you be familiar with how to take the measurements. Consult your health care professional and read the device manual for directions.

When should I take my measurements?

- Before taking your blood pressure medication.
- At least two hours after a meal.
- After emptying bladder and bowel.
- One hour after drinking coffee or smoking.
- Thirty minutes after exercise.
- Always after resting five minutes, without talking.



Home measuring tips:

- Write down all blood pressure readings for each day. Measure twice in the morning and twice in the evening.
- Wait one minute between the first and second readings.
- If the difference between the first and the second reading is more than 10 mmHG, wait one more minute and take a third reading.
- Repeat for seven days, or as your health care professional instructs.

What is my target blood pressure?

Ideally, blood pressure should be below 120/80 mmHg to maintain good health and reduce the risk of stroke, heart disease and other conditions. However, the target depends on factors like age, health conditions, and whether the reading is being taken at home or your health care professional's office.

If you have diabetes, kidney disease or other health conditions, speak to your health care professional about your readings and the treatment that is right for you. Remember, only your health care professional can tell you exactly what your target blood pressure should be.

Systolic	Diastolic	Action
Below 120	Below 80	Maintain or adopt healthy behaviours.
120-139	80-89	Maintain or adopt healthy behaviours.
140-159	90-99	Adopt healthy behaviours. If goal isn't reached in a month, talk to your doctor about taking medication(s).
160 and over	100 and higher	Adopt healthy behaviours. Talk to your doctor about taking medication(s).

The blood pressure target for adults under the age of 80. Ranges may be lower for children and teenagers. Talk to your child's health care professional if you think your child has high blood pressure. Ranges may be higher for people over the age of 80.





Measuring blood pressure the right way:

- Comfortable, distraction-free environment
- Without talking or moving before or during the measurements
- Sitting position
- Back supported
- Feet flat on the floor
- Legs uncrossed
- Arm supported
- Middle of the cuff at heart level

I'm anxious about my high blood pressure. What can I do to feel better?

It's normal to have questions or concerns after your hypertension diagnosis. You may even feel a little bit anxious or scared.

Remember, you are not alone. Consider creating your personal support system made up of family, friends, and your health care professional. Let a loved one know that you have committed to logging your blood pressure and ask them to hold you accountable. Make sure to celebrate when you hit a milestone and don't be afraid to ask for support during a difficult time.

For more information about blood pressure and for resources to help you control it, visit [hypertension.ca](https://www.hypertension.ca).

Home blood pressure log

Every year, with your health care professional, review the technique for measuring your blood pressure properly, and check that your device is in good condition.

My target blood pressure at home is less than:

/ mmHG
systolic diastolic

I use my: Right Arm Left Arm

BLOOD PRESSURE READINGS

Date: August 20

Time: 8:30 am

Comments: Change in BP medication

Heart Rate (beats per min): 70

BP medication take at (time): 8 am

Systolic Diastolic
BP Reading #1 mmHG

BP Reading #2 mmHG

If BP Reading #1 and #2 are more than 10 mmHG different, measure again.

BP Reading #3 mmHG

Date: September 2

Time: 9:00 pm

Comments: Lightheaded after 30 minute walk

Heart Rate (beats per min): 69

BP Medication take at (time): Not on BP medication

Systolic Diastolic
BP Reading #1 mmHG

BP Reading #2 mmHG

If BP Readings #1 and #2 are more than 10 mmHG different, measure again.

BP Reading #3 mmHG

BLOOD PRESSURE READINGS

Date: _____ Time: _____

Comments: _____

Heart Rate (beats per min): _____ BP Medication take at (time): _____

Systolic Diastolic
BP Reading #1 mmHG

BP Reading #2 mmHG

If BP Readings #1 and #2 are more than 10 mmHG different, measure again.

BP Reading #3 mmHG

Date: _____ Time: _____

Comments: _____

Heart Rate (beats per min): _____ Medication take at (time): _____

Systolic Diastolic
BP Reading #1 mmHG

BP Reading #2 mmHG

If BP Readings #1 and #2 are more than 10 mmHG different, measure again.

BP Reading #3 mmHG

Date: _____ Time: _____

Comments: _____

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Date: _____ Time: _____

Comments: _____

Heart Rate (beats per min): _____ BP Medication take at (time): _____

	Systolic	Diastolic	
BP Reading #1	<input type="text"/>	<input type="text"/>	mmHG

BP Reading #2	<input type="text"/>	<input type="text"/>	mmHG
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If BP Readings #1 and #2 are more than 10 mmHG different, measure again.

BP Reading #3	<input type="text"/>	<input type="text"/>	mmHG
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Date: _____ Time: _____

Comments: _____

Heart Rate (beats per min): _____ BP Medication take at (time): _____

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BP Reading #1	<input type="text"/>	<input type="text"/>	mmHG

BP Reading #2	<input type="text"/>	<input type="text"/>	mmHG
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BP Reading #3	<input type="text"/>	<input type="text"/>	mmHG
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Heart Rate (beats per min): _____ BP Medication take at (time): _____

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For more information, and other resources to help you prevent and control hypertension, visit **hypertension.ca**.

This brochure provides practical information based on Hypertension Canada's clinical practice guidelines for the prevention, diagnosis and treatment of hypertension.

Hypertension Canada's Resource Review Committee has reviewed the content of this brochure for accuracy, reliability, and helpfulness to the intended audience.

This brochure should not replace consultation with, or care instructions provided by, health care professionals.

If you have questions about your medical situation, speak to your health care professional.

