

Blood pressure log

Name: _____

Month: _____

Check your blood pressure at least once a day when you are calm and relaxed. If it is higher than normal, check it again in about 10 minutes. Your doctor will advise you of your goal blood pressure, but most patients should target 120/80 with most of the systolic measurements between 100 and 130. Bring this log to clinic. Careful blood pressure control can reduce the risk of brain bleeding by up to 75% in patients with cerebral amyloid angiopathy and reduces your risk of dementia.

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Date	Time	Blood pressure	Notes		Date	Time	Blood pressure	Notes
1 st	AM				17 th	AM		
	PM					PM		
2 nd	AM				18 th	AM		
	PM					PM		
3 rd	AM				19 th	AM		
	PM					PM		
4 th	AM				20 th	AM		
	PM					PM		
5 th	AM				21 st	AM		
	PM					PM		
6 th	AM				22 nd	AM		
	PM					PM		
7 th	AM				23 rd	AM		
	PM					PM		
8 th	AM				24 th	AM		
	PM					PM		
9 th	AM				25 th	AM		
	PM					PM		
10 th	AM				26 th	AM		
	PM					PM		
11 th	AM				27 th	AM		
	PM					PM		
12 th	AM				28 th	AM		
	PM					PM		
13 th	AM				29 th	AM		
	PM					PM		
14 th	AM				30 th	AM		
	PM					PM		
15 th	AM				31 st	AM		
	PM					PM		
16 th	AM							
	PM							