# BLOOD PRESSURE LOG

**Proper Technique To Measure Blood Pressure:** You should check your blood pressure every day or as often as directed by your doctor. When you are ready to take your blood pressure, calmly sit down for 5 minutes before measuring your blood pressure. Make sure your arm is at the same level as your heart. You are now ready to measure your blood pressure.

| DATE | TIME | BLOOD PRESSURE (goal <120/80) | HEART RATE (goal <100) |
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