

Free Blood Pressure Log Sheet PDF (Weekly)

Week of: _____

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse	Notes

This free, printable blood pressure log sheet (PDF) lets you record twice-daily measurements as recommended by the American Heart Association. **You can also [try this little-known method](#) to support healthy blood pressure levels naturally.**

Compact Monthly Blood Pressure Log Sheet (Month & Year: _____)

Date	Systolic	Diastolic	Pulse	Systolic	Diastolic	Pulse	Notes
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How to Measure Your Blood Pressure at Home

Before you begin, make sure you've **downloaded and printed this PDF and selected the log sheet you want to use** — either the *weekly* sheet on page 1 or the *compact monthly* sheet on page 2 — so you can record your readings right after you measure.

Follow the instructions provided by the [American Heart Association](#) and the [CDC](#) (Centers for Disease Control and Prevention) below to get the most accurate and reliable blood pressure measurements at home:

Prepare Before You Measure

- Avoid **smoking, caffeinated beverages, alcohol, or exercise for at least 30 minutes** before taking a reading.
- Empty your bladder first, as this can slightly affect your reading.
- Use a **validated automatic upper-arm monitor** with the correct cuff size — wrist and finger devices tend to be less reliable.

Sit Correctly

- Sit in a **chair with your back supported**, with your **feet flat on the floor** and legs uncrossed.
- Rest your arm on a flat surface so the cuff is at **heart level**.
- Place the cuff on **bare skin**, not over clothing, with the bottom of the cuff just above the bend of your elbow.
- Relax quietly for **at least 5 minutes** before starting the measurement.

Take Consistent Measurements

- Take your reading at the **same times each day**, such as in the **morning and the evening**.
- For each measurement session, take **two readings about 1 minute apart** and record them on your printed log sheet.
- Be still and **do not talk, move, or use your phone** during measurements.

Record and Review

- Write your measured **systolic (top) and diastolic (bottom) values** and **pulse** on your printed log sheet right after you take them.
- Regular tracking over time gives a **clearer picture of your trends** and can be useful for sharing with your healthcare provider.

This page provides general home-monitoring tips. Discuss your individual blood pressure goals and measurement schedule with your healthcare professional.

You might also be interested in exploring **this simple, little-known method** that many people use to help support balanced blood pressure:

[Click Here to Try Now](#)

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Certified Nutrition Specialist
Equilibrium Health Alliance