My Blood Pressure Log

Try these tips for keeping track of your blood pressure at home:

- Always take your blood pressure at the same time every day.
- Take at least two readings, 1 or 2 minutes apart.
- Visit **cdc.gov/bloodpressure** to learn how to correctly measure your blood pressure.

Date	Morning			Evening		
	Time of reading	Reading 1	Reading 2	Time of reading	Reading 1	Reading 2
Feb. 1, 2020	8 a.m.	139/82	141/82	6 p.m.	145/85	142/83

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention