VITALS VAULT

FREE GUIDE

Home Blood Pressure Log

A two-week home log with the steps for a good reading and room to work out your average. Bring it to your next visit.

BEFORE EACH READING, TICK

- [ ] Sat still for 5 to 10 minutes
- [ ] Arm resting at heart level
- [ ] Correct cuff size
- [ ] Feet flat, legs uncrossed
- [ ] Validated upper-arm device
- [ ] Took a second reading

TWO-WEEK LOG (REPEAT THE PATTERN IN WEEK TWO)

Day	Morning	Evening	Notes
Day 1 and 8			
Day 2 and 9			
Day 3 and 10			
Day 4 and 11			
Day 5 and 12			
Day 6 and 13			
Day 7 and 14			

WORK OUT YOUR AVERAGE

Add all the top numbers and divide by the number of readings, then do the same for the bottom numbers. Guideline groups use different cut-offs, so ask which target applies to you. Never change a medicine because of this log.

QUESTIONS TO ASK

- [ ] Which blood pressure numbers does my care team use as my target?
- [ ] Does my home device match the clinic's device?
- [ ] Should my kidney function or other labs be checked too?
- [ ] Could poor sleep be part of the picture?

Sources: Technique from two clinician-led Q&A episodes (2019, 2025). Cut-offs vary by guideline. This is a log, not a diagnosis.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com