

# Blood Pressure Log



Please use this log to record the blood pressure and heart rate (pulse) readings you take at home. Note the date and time of day you take them. Write the blood pressure with the systolic number on the left and diastolic number on the right: 120/80 for example. Bring this log with you when you talk to your health care provider.

Date	Time	Blood Pressure Systolic / Diastolic	Heart Rate (Pulse)	Comments
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Date	Time	Blood Pressure Systolic / Diastolic	Heart Rate (Pulse)	Comments
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**Talk to your doctor or health care team if you have any questions about your care.**  
For more health information, go to [wexnermedical.osu.edu/patiented](http://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).  
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