



FamilyMedicalDoctors

# 4-Week Blood Pressure Log

Twenty-eight days in two compact 14-day blocks

PATIENT TRACKER | VERSION B4 - LANDSCAPE



Name \_\_\_\_\_ Start date \_\_\_\_\_ Cuff arm L / R \_\_\_\_\_ My BP goal \_\_\_\_\_ Report results by \_\_\_\_\_

## REST 5 MINUTES - USE THE SAME ARM - DO NOT TALK

Take two readings at least 1 minute apart when instructed. Use the last column for pulse, medicine, symptoms, or notes.

### DAYS 1-14

| DATE      | AM #1<br>SYS / DIA | AM #2<br>SYS / DIA | PM #1<br>SYS / DIA | PM #2<br>SYS / DIA | PULSE / MEDS / NOTES |
|-----------|--------------------|--------------------|--------------------|--------------------|----------------------|
| 1<br>_/_  |                    |                    |                    |                    |                      |
| 2<br>_/_  |                    |                    |                    |                    |                      |
| 3<br>_/_  |                    |                    |                    |                    |                      |
| 4<br>_/_  |                    |                    |                    |                    |                      |
| 5<br>_/_  |                    |                    |                    |                    |                      |
| 6<br>_/_  |                    |                    |                    |                    |                      |
| 7<br>_/_  |                    |                    |                    |                    |                      |
| 8<br>_/_  |                    |                    |                    |                    |                      |
| 9<br>_/_  |                    |                    |                    |                    |                      |
| 10<br>_/_ |                    |                    |                    |                    |                      |
| 11<br>_/_ |                    |                    |                    |                    |                      |
| 12<br>_/_ |                    |                    |                    |                    |                      |
| 13<br>_/_ |                    |                    |                    |                    |                      |
| 14<br>_/_ |                    |                    |                    |                    |                      |

### DAYS 15-28

| DATE      | AM #1<br>SYS / DIA | AM #2<br>SYS / DIA | PM #1<br>SYS / DIA | PM #2<br>SYS / DIA | PULSE / MEDS / NOTES |
|-----------|--------------------|--------------------|--------------------|--------------------|----------------------|
| 15<br>_/_ |                    |                    |                    |                    |                      |
| 16<br>_/_ |                    |                    |                    |                    |                      |
| 17<br>_/_ |                    |                    |                    |                    |                      |
| 18<br>_/_ |                    |                    |                    |                    |                      |
| 19<br>_/_ |                    |                    |                    |                    |                      |
| 20<br>_/_ |                    |                    |                    |                    |                      |
| 21<br>_/_ |                    |                    |                    |                    |                      |
| 22<br>_/_ |                    |                    |                    |                    |                      |
| 23<br>_/_ |                    |                    |                    |                    |                      |
| 24<br>_/_ |                    |                    |                    |                    |                      |
| 25<br>_/_ |                    |                    |                    |                    |                      |
| 26<br>_/_ |                    |                    |                    |                    |                      |
| 27<br>_/_ |                    |                    |                    |                    |                      |
| 28<br>_/_ |                    |                    |                    |                    |                      |

Compact monthly view: write BP as systolic / diastolic. Leave missed readings blank; do not estimate.