


Blood Pressure Journal



A 30-Day Guided Journal



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How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Measure blood pressure morning and evening, at the same times each day
 - Take two readings per session, 1-2 minutes apart, and record the average
 - Sit quietly for 5 minutes before measuring; feet flat, back supported, arm at heart level
 - Always use the same arm — use the one that gives higher readings
 - Record systolic, diastolic, pulse, and any symptoms
 - Bring the journal to every cardiology appointment



Scan for a detailed guide on how to use this journal

