

Worksheet

Blood pressure plan & reading log



Keep your personal plan and home readings together.

Follow your care-team instructions.

My plan

When my team wants me to check

My personal target from my team

Readings or symptoms my team wants me to report

When and how to contact my team

My next appointment

Bring this to your next visit

Worksheet

My reading log

Keep your personal plan and home readings together.



Record both readings. Your care team sets the target and checking schedule.

Date	Time	Reading 1 (mm Hg)	Reading 2 (mm Hg)	Pulse, if requested	Notes

Notes

Questions to ask

- ☐ Does this monitor and cuff fit me?
- ☐ Can you watch me take a reading?