

Blood Pressure Log

Here is a chart for you to record your blood pressure. Take this record with you when you visit your healthcare team.

For people with diabetes, the recommended blood pressure is less than **130/80 mmHg**.

	Date	Time	Comments	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
				Systolic	Diastolic	Systolic	Diastolic
Sample Morning	June 15	8:00 AM	Meds at 9 AM	138	82	135	80
Sample Evening	June 15	8:00 AM	Upset	157	92	154	90
Day 1 Morning							
Day 1 Evening							
Day 2 Morning							
Day 2 Evening							
Day 3 Morning							
Day 3 Evening							
Day 4 Morning							
Day 4 Evening							
Day 5 Morning							
Day 5 Evening							
Day 6 Morning							
Day 6 Evening							
Day 7 Morning							
Day 7 Evening							
Average							

	Date	Time	Comments	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
				Systolic	Diastolic	Systolic	Diastolic
Day 1 Morning							
Day 1 Evening							
Day 2 Morning							
Day 2 Evening							
Day 3 Morning							
Day 3 Evening							
Day 4 Morning							
Day 4 Evening							
Day 5 Morning							
Day 5 Evening							
Day 6 Morning							
Day 6 Evening							
Day 7 Morning							
Day 7 Evening							
Average							

Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.



*This document reflects the 2013 Canadian Diabetes Association Clinical Practice Guidelines. ©2013 Copyright