

# Your blood pressure log

**Use this log to track and share your daily blood pressure readings with your Provider**



## Instructions

1. Take your blood pressure once in the morning before taking medications and in the evening before dinner. Take at least two blood pressure readings one minute apart.
2. For best results, remain still for at least five minutes. Sit with your back straight and supported, with your feet flat on the floor. Place the bottom of the cuff above the bend of the elbow.
3. When you measure your blood pressure, rest your arm on a flat surface (such as a table).
4. Use a properly calibrated and validated device. Ensure the cuff fits correctly.
5. Do not smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of taking your measurement.

Category	Systolic	Diastolic
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
Hypertension	140 or higher	90 or higher

[illegible]

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