

# Blood Pressure Log

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check your blood pressure for 3 days minimum to 7 days preferred before your  
appointment with your health care professional you should take two readings one  
minute apart twice a day

instrucciones controla tu presión arterial durante 3 días mínimo a 7 días preferible antes  
de la cita con tu profesional de la salud debes tomar dos lecturas con un minuto de  
diferencia entre cada

aug 14 2025 the american heart association explains how to keep track of your blood  
pressure levels at home in addition to regular measurements taken at a healthcare  
professional s office

instructions measure your blood pressure twice a day morning and late afternoon at  
about the same times every day for best results sit comfortably with both feet on the  
floor for at least two minutes

self measured blood pressure 7 day recording log before you get started self measured  
blood pressure smbp monitoring works best when you partner with your health care

aug 14 2025 use our blood pressure chart to learn what your blood pressure numbers  
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find tools to manage your high blood pressure hypertension

what is high blood pressure or hypertension the american heart association provides  
information on high blood pressure low blood pressure and how to monitor treat and  
prevent high blood pressure

wait a few minutes and take blood pressure again if your blood pressure is if you are  
experiencing signs of possible organ damage such as chest pain shortness of breath  
back pain numbness

aug 14 2025 while there is no cure for high blood pressure using medications as prescribed and making lifestyle changes can enhance your quality of life and reduce your risk of heart disease

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