

# Blood pressure logbook

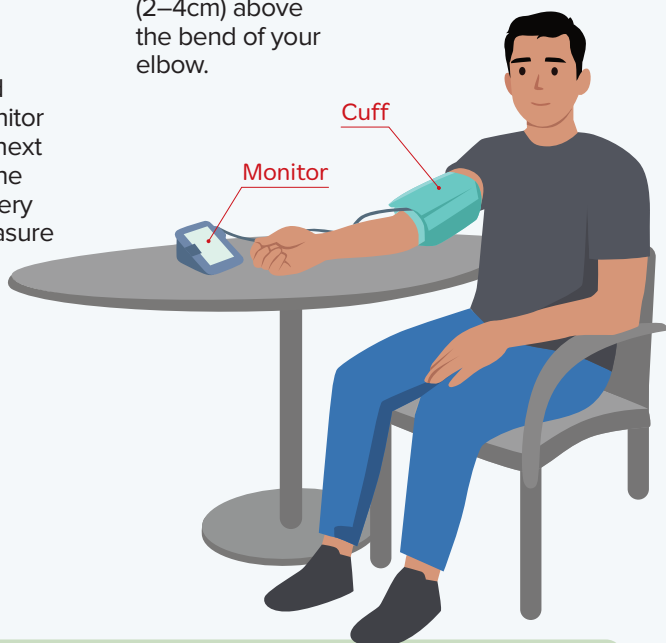
Name:

Phone:



# For an accurate reading

- 1 Do not exercise, smoke, drink alcohol or caffeinated drinks for **30 minutes beforehand**.
- 2 Go to the toilet if you need to. A full bladder can affect your reading.
- 3 Check you have the correct cuff size. If it's too big or too small, your reading may be wrong.
- 4 Put the blood pressure monitor on the table next to you. Use the same arm every time you measure your blood pressure.
- 5 Plug the cuff into the monitor.
- 6 Relax for at least 5 minutes in an upright chair with back support. Keep both feet flat on the floor.
- 7 Place the cuff on bare skin on your upper arm. The bottom of the cuff should be two finger widths (2–4cm) above the bend of your elbow.
- 8 Rest your arm on the table, so the cuff is at heart level. Relax your hand, stay still and do not talk.
- 9 Take two readings 1 minute apart. Write down both results.



## When to take your blood pressure



**Morning:** Before you have breakfast or take any medication.



**Evening:** After taking medication and before bed.

# Know your numbers

Blood pressure	Top number (systolic)	Bottom number (diastolic)
Low	Less than 90	Less than 60
Ideal	Less than 120	Less than 80
Normal	120–129	80–84
Normal to high	130–139	85–89
High	Above 140	Above 90

A blood pressure reading contains two numbers and will be written as a figure like 120/80. This is said '120 over 80'.

The top number (systolic) is the pressure in your arteries when your heart pumps. The bottom number (diastolic) is the pressure when your heart relaxes.



## Lowering your blood pressure has an impact

Lowering your top blood pressure number by 10 points reduces your risk of a heart attack by about 20% over 5 years.

# Before you get started

Checking your blood pressure at home works best when you partner with your doctor or nurse.

- Ask them to check your technique for measuring your blood pressure.
- Work with your doctor or nurse to develop a target for your blood pressure.



My blood pressure target is  /

Arm used: Left  Right

## Recording your readings

1. Take your blood pressure at the same time each day in the morning and evening.
2. Record your blood pressure readings in this logbook. Take two readings 1 minute apart to give a more accurate picture.
3. Use the comments section to record:
  - your mood (e.g. stressed, happy, upset)
  - feeling unwell (e.g. nausea, dizzy, headache)
  - are you taking your medication as prescribed?

### For example

Day	Date	Morning 1	Morning 2	Evening 1	Evening 2	Comments
Mon	04/03/26	118 / 78	119 / 78	123 / 76	112 / 76	Meds taken
Tues	05/03/26	118 / 78	98 / 72	135 / 82	132 / 78	Felt dizzy in the morning

# Blood pressure record

Day	Date	Morning 1	Morning 2	Evening 1	Evening 2	Comments
Mon		/	/	/	/	
Tues		/	/	/	/	
Wed		/	/	/	/	
Thu		/	/	/	/	
Fri		/	/	/	/	
Sat		/	/	/	/	
Sun		/	/	/	/	

# Blood pressure record

Day	Date	Morning 1	Morning 2	Evening 1	Evening 2	Comments
Mon		/	/	/	/	
Tues		/	/	/	/	
Wed		/	/	/	/	
Thu		/	/	/	/	
Fri		/	/	/	/	
Sat		/	/	/	/	
Sun		/	/	/	/	

# Blood pressure record

Day	Date	Morning 1	Morning 2	Evening 1	Evening 2	Comments
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Thu		/	/	/	/	
Fri		/	/	/	/	
Sat		/	/	/	/	
Sun		/	/	/	/	

# Blood pressure record

Day	Date	Morning 1	Morning 2	Evening 1	Evening 2	Comments
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# Blood pressure record


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Thu		/	/	/	/	
Fri		/	/	/	/	
Sat		/	/	/	/	
Sun		/	/	/	/	



You have  
the power to  
improve your  
heart health



## Tips



Bring this logbook to your appointments with your doctor or nurse.

If you're unsure about the accuracy of your blood pressure monitor, take it to a pharmacy and ask them to compare your monitor's reading to their own device.

**Looking for information on blood pressure?**

Scan this QR code, call our Heart Line on 0800 863 375  
or visit [heartfoundation.org.nz/blood-pressure](https://heartfoundation.org.nz/blood-pressure)

