

Westfield Family Physicians Blood Pressure Home Monitoring Log

Name _____

BP Goal _____

Day																			
200																			
190																			
180																			
170																			
160																			
150																			
140																			
135																			
130																			
125																			
120																			
115																			
110																			
105																			
100																			

110																			
100																			
95																			
90																			
85																			
80																			
75																			
70																			
65																			
60																			
55																			

Check your blood pressure daily, or as often as requested by your provider. Your blood pressure goal is noted at the top of this page. It is not unusual to have an occasional reading out of range, but if you are consistently getting readings 20 or more points above your target, please notify our office. Please bring this sheet to your next appointment.