Patient Name: _______________________________

Please keep a log of your blood pressure and pulse for seven (7) days before your appointment day. For each day, we need a reading first thing in the morning while you’re still lying down. Then take a second reading about 10 minutes after you’ve been up and moving around. Please do a third reading during the day if you have a "crash" period that same day. Remember to include both pulse and blood pressure. Please bring this with you to the appointment.

Day 1:
lying down    BP: ____________    pulse:   ___
up for 10 minutes  BP: ____________    pulse:   ___
"crash" period  BP: ____________    pulse:   ___

Day 2:
lying down    BP: ____________    pulse:   ___
up for 10 minutes  BP: ____________    pulse:   ___
"crash" period  BP: ____________    pulse:   ___

Day 3:
lying down    BP: ____________    pulse:   ___
up for 10 minutes  BP: ____________    pulse:   ___
"crash" period  BP: ____________    pulse:   ___

Day 4:
lying down    BP: ____________    pulse:   ___
up for 10 minutes  BP: ____________    pulse:   ___

Day 5:
lying down    BP: ____________    pulse:   ___
up for 10 minutes  BP: ____________    pulse:   ___
"crash" period  BP: ____________    pulse:   ___

Day 6:
lying down    BP: ____________    pulse:   ___
up for 10 minutes  BP: ____________    pulse:   ___
"crash" period  BP: ____________    pulse:   ___

Day 7:
lying down    BP: ____________    pulse:   ___
up for 10 minutes  BP: ____________    pulse:   ___
"crash" period  BP: ____________    pulse:   ___