

## Weight and Blood Pressure Log

Name: \_\_\_\_\_ My blood pressure target is: \_\_\_\_\_ / \_\_\_\_\_ mmHg

Date	Time	Weight	Blood Pressure (systolic / diastolic)	Heart Rate (pulse)	Comments

### 7 tips to get an accurate blood pressure reading:

1. Don't have a conversation (talking adds 10-15 mmHg)
2. Put cuff on bare arm (cuff over clothing adds 10-40 mmHg)
3. Support back (unsupported back adds 5-10 mmHg)
4. Empty bladder first (full bladder adds 10-15 mmHg)
5. Keep legs uncrossed (crossed legs adds 2-8 mmHg)
6. Support arm at heart level (unsupported arm adds 10 mmHg)
7. Support feet (unsupported feet adds 5-10 mmHg)

*Providing our communities with quality, affordable & accessible healthcare*

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