

Home Blood Pressure Pattern Tracker™

Record your readings consistently so you and your healthcare provider can look for patterns over time.



Use the same arm and similar times when possible. Sit quietly for at least 5 minutes, then take two readings at least 1 minute apart.

Week of: _____

Usual arm: ☐ Left ☐ Right

Monitor or cuff notes: _____

Day	Date & Time	Reading 1 mm Hg	Reading 2 mm Hg	Pulse	Notes
Day 1		___ / ___	___ / ___		
Day 2		___ / ___	___ / ___		
Day 3		___ / ___	___ / ___		
Day 4		___ / ___	___ / ___		
Day 5		___ / ___	___ / ___		
Day 6		___ / ___	___ / ___		
Day 7		___ / ___	___ / ___		

What May Have Affected a Reading?



- ☐ Poor sleep
- ☐ Stress or strong emotion
- ☐ Pain or illness
- ☐ Caffeine
- ☐ Recent exercise
- ☐ Medication timing
- ☐ Different position or cuff placement
- ☐ Other: _____

Patterns I Notice



Readings tend to be higher: _____

Readings tend to be lower: _____

Symptoms or changes I noticed: _____

Question for my healthcare provider: _____



Bring the Full Record

Share all readings, not only the highest or lowest. Your healthcare provider can decide how the pattern fits with your office measurements and health history.



Very High Reading

If a reading is higher than 180/120 mm Hg, wait at least 1 minute and check again. If it stays that high, contact your healthcare professional. Call 911 if it occurs with chest pain, shortness of breath, weakness, numbness, vision changes or difficulty speaking.



Gentle Reminder

This tracker helps you observe a pattern. It does not confirm a diagnosis or replace medical care.



Martine's Midlife Wellness Tip

Keep your monitor and tracker in the same place. The easier the routine feels, the more useful your record may become.