Challis Area Health Center
Blood Pressure Log

Please bring your Blood Pressure log to your routine office visits with your Health Care Provider

Name: _____ Target Blood Pressure: _____

Guidelines to monitoring your blood pressure:

- Use a cuff appropriate for your arm size
- Sit comfortably with back supported and both feet on the floor
- Wait 5-10 minutes prior to taking your blood pressure if you were recently physically active
- Breath normally while taking your blood pressure. Avoid movement and talking

DATE:	TIME:	BP	PULSE

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