## **Ambulatory Blood Pressure Monitor Patient Journal**



NAME:	What time did you go to sleep?:
DATE:	What time did you wake up?:

Managing your BP properly goes a long way toward keeping you healthy for the rest of your life. You can assist your doctor in understanding your BP by using this patient diary to keep track of these measurements.

## **INSTRUCTIONS:**

Each time the cuff inflates while you are awake, relax your arm by your side. After the cuff has deflated, mark your diary as follows:

- Fill in the correct time shown on the display.
- Use a check to mark the best answer to each of the three questions.

## **IMPORTANT:**

Physician Contact

- To stop a reading in progress, press the Start/ Stop button and the cuff will automatically deflate.
- Be sure to keep the monitor in its case.
- Do not get the unit wet.
- Do not drop the unit.

What time is it?					
Where are you?					
Home					
Work					
Other					
What are you doing?					
Sitting					
Standing					
Lying Down					
Talking					
Relaxing					
Eating					
Walking					
Driving					
Feeling Stressed					
Other					
Symptoms?					
None					
Headache					
Dizziness					
Heart Flutters					
Other					

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Medication	Dose	Time

Comments

What time is it? Where are you? Home Work Other Sitting Standing Lying Down Talking Behavior	
Home	
Work Other  What are you doing? Sitting Standing Lying Down Talking	
Other What are you doing? Sitting Standing Lying Down Talking	
What are you doing?  Sitting  Standing  Lying Down  Talking	
Sitting Standing Lying Down Talking	
Standing	
Lying Down Talking	
Talking Talking	
Relaxing State of the state of	
Eating State of the state of th	
Walking Diric	
Driving State Control of the Control	
Feeling Stressed Other	
Symptoms?	
None None	
Headache Headache	
Dizziness	
Heart Flutters School S	
Other	
What time is it?	
Where are you?	
Home	
Work	
Other	
Other	
Other What are you doing?	
Other What are you doing? Sitting	
Other  What are you doing? Sitting Standing	
Other What are you doing? Sitting Standing Lying Down	
Other What are you doing? Sitting Standing Lying Down Talking	
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