Memorial Sloan Kettering
Cancer Center

PATIENT & CAREGIVER EDUCATION

Blood Pressure and Pulse Log

Use this log to keep track of your blood pressure and pulse. Bring it to all your appointments.

- Check your blood pressure (BP) and pulse twice a day: once in the morning and once in the afternoon. Write it in the log below.

- Call your healthcare provider if your systolic BP (top number) is higher than 150 or your diastolic BP (bottom number) is higher than 90 for 2 days in a row.

Date	Time	Systolic BP/Diastolic BP (top number)/(bottom number)	Pulse	Comments
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			

Date	Time	Systolic BP/Diastolic BP (top number)/(bottom number)	Pulse	Comments
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			

For more resources, visit www.mskcc.org/pe to search our virtual library.