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			
	AM			
	PM			

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

Blood Pressure and Pulse Log - Last updated on January 13, 2025

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