## Blood Pressure and Pulse Log



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Use this log to keep track of your blood pressure and pulse. This log can be uploaded to your patient portal.

Check your blood pressure (BP) and pulse twice a day, once in the morning and once in the afternoon. Record it in the log below. Contact our office during business hours, or message us on your patient portal if your systolic blood pressure (top number) is higher than 150 or your diastolic blood pressure (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	1		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	/		
	AM	/		
	PM	1		