Blood Pressure Tracking Log

Record consistently · keep the context · follow the care plan

A caregiver log for recording home blood pressure readings and the individualized instructions supplied by the care team.

Monitoring plan · device · contact instructions

Start with the person's monitoring plan—not a generic target.

Ask the care team whether home monitoring is appropriate, when to measure, and what results or symptoms require contact. A reading alone does not establish a diagnosis. [1]

THIS LOG IS FOR (NAME)

PRIMARY CAREGIVER

MONITORING DATES

CLINICIAN / PHONE

© 2026 The Caregiving Concierge™

1 RECORD THE CLINICIAN'S INSTRUCTIONS

WHEN / HOW OFTEN TO MEASURE

ARM / DEVICE / CUFF CHECKED

PERSONAL TARGET, IF GIVEN (mm Hg)

PLAN PROVIDED BY / DATE

WHEN TO CALL / RECHECK: EXACT INSTRUCTIONS FROM THE CARE TEAM

DAYTIME CONTACT

AFTER-HOURS CONTACT

© 2026 The Caregiving Concierge™

2 USE A CONSISTENT MEASUREMENT ROUTINE [1]

- [ ] Use the technique and device instructions reviewed with the care team.
- [ ] Sit quietly with back supported, feet flat, and the supported arm at heart level.
- [ ] Unless instructed differently, take two readings one minute apart and record both.

Do not stop or change blood pressure medicine because of this log. Ask the prescriber about treatment changes. [1]

Reading log · one row per measurement session

3 RECORD BOTH READINGS AND USEFUL CONTEXT [1]

Write systolic / diastolic for each reading, in mm Hg. Note the time, symptoms, or anything different about the measurement. Leave an untaken reading blank and label it “not taken.”

NAME / LOG DATES

© 2026 The Caregiving Concierge™

DEVICE / ARM USED

DATE / TIME	READING 1 mm Hg	READING 2 mm Hg	SYMPTOMS / CONTEXT

© 2026 The Caregiving Concierge™

MEASUREMENT QUESTION / DEVICE ISSUE TO DISCUSS

Share the record · document advice · review

4 PREPARE THE LOG FOR THE CARE TEAM

- [ ] Bring the recorded readings and, when requested, the monitor to the visit. [1]
- [ ] Identify missed readings, unusual circumstances and symptoms without choosing a diagnosis.
- [ ] Confirm when the care team wants the next set of readings.

© 2026 The Caregiving Concierge™

5 RECORD CONTACT AND THE INSTRUCTIONS RECEIVED

DATE / WHO WE CONTACTED	ADVICE GIVEN / NEXT STEP / BY WHEN

NEXT REVIEW DATE / HOW THE LOG WILL BE SHARED

Follow the care team's action plan for concerning readings. Call 911 for a life-threatening emergency; do not wait to complete the log or reach a routine appointment. [3]

© 2026 The Caregiving Concierge™

Sources informing this resource · Original worksheet prompts by TCC

[1] American Heart Association — Home Blood Pressure Monitoring

[2] National Institute on Aging — How To Prepare for a Doctor's Appointment

[3] MedlinePlus — Emergency Medical Services

Sources checked September 10, 2026. Use the person's individualized care instructions.

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, transportation details, and other important care information in one secure workspace.

https://www.thecaregivingconcierge.com/library

A free resource from The Caregiving Concierge™ by AdVantage Digital LLC

Educational only - not medical, legal, or financial advice.

Created by: The Caregiving Concierge™ · Editorial owner: Kristin, Founder, The Caregiving Concierge™ by Advantage Digital · Last reviewed: 11/15/2026

© 2026 The Caregiving Concierge™