Blood Pressure and Heart Rate Log

Please print this form to assist you in keeping track of your blood pressure and heart rate at home. To share your results with your provider, you may email a picture of this completed log to info@vijapura.com.

DATE/TIME	Early AM		TIME	2 hours after taking stimulant		Comments
	Blood Pressure	**Heart Rate**		**Blood Pressure**	**Heart Rate**	
Sample	*127/83*	*82*		*132/90*	*85*	*Stressful morning*