TonoBuddy

Blood pressure log

Keep your readings and useful context together.

Name / reference (optional): _____

Follow the schedule agreed with your healthcare professional.

Add one row per completed reading. Keep separate readings as separate rows.

Date	**Time**	**SYS** mm Hg	**DIA** mm Hg	**Pulse** beats/min	**Notes / circumstances**

Questions / changes to discuss

This is a blank record, not a diagnostic chart or a treatment plan.

For serious symptoms, seek medical help without waiting to complete the log.