Carespondence®

Blood Pressure Log

A blood pressure log for caregivers.
Track readings over time to spot trends.

Caring for _____

Check at about the same times each day, after sitting quietly for a few minutes. Write it like 128/82.

Date	Time	Blood pressure	Pulse	Logged by	Notes
Nov 20	*8:00 AM*	*128/82*	*72*	*CP*	**Example:** *Before morning meds*

Did you know you can log care on your phone?

The Carespondence app keeps a record of care in one place. Tap to record care as it happens, then share an update with family or the care team.

Scan to try it free for 7 days, or visit carespondence.com/log/bp

Free to print and share. Find more free care sheets at **carespondence.com/printables**
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A Note for You

If you're using these pages, you're showing up for someone who counts on you, often with plenty else on your plate. That's no small thing.

Some days your notes will be neat and complete. Other days you'll jot a time on the back of an envelope. Both count. What matters is that you're paying attention, and that care adds up.

Take a breath when you can. Ask for help when you need it. And give yourself the same patience you give the person you care for.

When you're ready for something easier than paper, we're here for that too.

With admiration,
The Carespondence Team

Keep Caring. We'll handle the rest.

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