REGAL | BEHAVIORAL HEALTH

Blood pressure log

Use this blank log only for readings your clinician has asked you to record. Follow your clinician's instructions for timing, frequency, and when to contact the office.

Date	Time	Reading 1	Reading 2	Pulse / medication timing	Symptoms / notes

Sharing your completed log Send readings through your assigned secure patient portal or Spruce conversation. This Site does not collect your entries. For urgent symptoms, follow your clinician's instructions or seek emergency care.