

# Two-Week Blood Pressure & Blood Sugar Log

HomeHealthGuide · Designed by Dr. Devanshu Rathee, MD (Internal Medicine) · Reg. No. 117010 · homehealthguide.in

## Measure correctly (30 seconds before you start)

1. Sit quietly for 5 minutes first - back supported, feet flat, legs uncrossed. No tea/coffee, smoking, or exercise in the 30 minutes before.
2. Cuff on a bare upper arm at heart level. Arm resting on a table. Do not talk during the reading.
3. Take 2 readings 1 minute apart, morning (before medicines/breakfast) and evening; write the average.
4. Fasting sugar: after at least 8 hours without food. Post-meal: 2 hours from the first bite.

## Reference ranges at a glance

Measure	Generally reassuring (home)	Discuss with your doctor	Act now
Blood pressure	Below 135/85	135/85 or above on repeated days	180/120 or higher, or symptoms - call 108/112
Fasting sugar	80-130 mg/dL (if diabetic)*	Repeatedly above your target	Below 70 with shakiness/sweating - treat low sugar now
2-hr post-meal	Below 180 mg/dL (if diabetic)*	Repeatedly 180 or above	Above 300, or vomiting/drowsiness - seek care

\*Individual targets vary with age, pregnancy, and other conditions - your own doctor's target for you always comes first. Non-diabetic fasting values are usually below 100 mg/dL.

## Week 1

Day / Date	Morning BP (sys/dia)	Pulse	Evening BP (sys/dia)	Pulse	Fasting sugar	Post-meal sugar	Notes (sleep, stress, missed dose, salt)
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

## Week 2

Day / Date	Morning BP (sys/dia)	Pulse	Evening BP (sys/dia)	Pulse	Fasting sugar	Post-meal sugar	Notes (sleep, stress, missed dose, salt)
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

### Red flags - do not wait for a review

BP 180/120 or higher with chest pain, breathlessness, weakness of face/arm, confusion, or severe headache · sugar below 70 that is not improving after eating · sugar above 300 with vomiting or drowsiness. **Call 108 / 112 or go to the nearest emergency department.**

### After two weeks

Bring this log to your doctor, or get a written, doctor-led interpretation of your trends from Dr. Rathee at [homehealthguide.in](https://homehealthguide.in) - or log readings digitally in the free HomeHealthGuide web app and request a review in one tap. Daily reminders & tips on WhatsApp: +91 85868 13789.

This log is for education and self-monitoring only. It is not a diagnosis, prescription, or emergency service, and it does not replace consultation with your treating doctor.