

BLOOD PRESSURE TRACKER

1in3people

Your Health Care Professional: _____

Telephone Number: _____

Blood Pressure (BP) Goal: _____

For the next 10 weeks, use this BP Log to track your blood pressure numbers. Remember to:

- Check your blood pressure at the same time each day.
- Record the date, time, and your readings in the space provided.
- Take this log with you to each appointment and let your health care professional review the numbers.

Keep these tips in mind as you track your blood pressure:

- Ask your health care professional what your blood pressure goal should be.
- Rest in a chair for 5–10 minutes and rest your arm comfortably on the table at heart level.
- A full bladder may increase your blood pressure a bit, so be sure to go to the bathroom before taking your BP reading.
- Avoid caffeine, food, alcohol, and tobacco for at least 30 minutes before taking your BP reading.
- If you're monitoring your blood pressure at home, take the measurement at the same time every day.
- Write down your results.

WEEK 1

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
		/		
		/		
		/		
		/		
		/		
		/		
		/		

WEEK 2

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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		/		
		/		
		/		
		/		
		/		
		/		
		/		

WEEK 3

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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		/		
		/		
		/		
		/		
		/		
		/		

WEEK 4

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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		/		
		/		
		/		
		/		
		/		
		/		

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WEEK 5

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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		/		
		/		
		/		
		/		
		/		
		/		

WEEK 6

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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		/		
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		/		
		/		
		/		
		/		

WEEK 7

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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		/		
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		/		
		/		
		/		
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WEEK 8

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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		/		
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		/		
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		/		
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WEEK 9

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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		/		
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		/		

WEEK 10

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
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Home monitoring does not replace visits to your health care professional.

