

Blood Pressure Matters

Make control your goal



BLOOD PRESSURE LOG

KNOW YOUR BLOOD PRESSURE READINGS				HELPFUL TIPS TO SELF-MEASURED BLOOD PRESSURE MONITORING	
Blood Pressure	SYSTOLIC mmHG (top number)	AND	DIASTOLIC mmHG (bottom number)		
Normal	<120	AND	<80	<ul style="list-style-type: none"> • Be still. Don't smoke, drink caffeinated beverages or exercise 30 minutes before measuring your blood pressure (BP). Ensure at least 5 minutes of rest before measurements. • Sit with your back straight and supported. Your feet should be flat on the floor. • Measure at the same time every day. It's important to take the readings at the same time each day, such as morning and evening. • Take multiple readings and record the results. Each time you measure, take at least two readings one minute apart and record BP levels here. • Work together with your provider to manage your blood pressure. Share results of BP log at your next visit or communicate them to your provider's office in a timely manner. 	
Elevated	120 - 129	AND	<80		
High Blood Pressure (Stage 1 hypertension)	130 - 139	OR	80 - 89		
High blood pressure (Stage 2 hypertension)	>140	OR	>90		
High blood pressure (Seek medical attention)	>180	OR	>120		
Your Blood Pressure Goal:					

Date	AM	PM

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