

Tracking Your Blood Pressure

Helpful tips to measuring your blood pressure accurately:

- 30 minutes before taking your blood pressure **DO NOT** exercise, drink caffeine or smoke
- Before taking your blood pressure empty your bladder, sit quietly, no talking, with your back against a firm surface, feet flat on the floor with your arm supported on a table at heart level
- Follow your blood pressure monitor's instructions
- Take your blood pressure twice per day - morning and evening

Name: _____

Date	Time	Pressure	Pulse	Weight	Comments / Medications
	AM	/			
	PM	/			
	AM	/			
	PM	/			
	AM	/			
	PM	/			
	AM	/			
	PM	/			
	AM	/			
	PM	/			
	AM	/			
	PM	/			
	AM	/			
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	AM	/			
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	AM	/			
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	AM	/			
	PM	/			
	AM	/			
	PM	/			