Your Blood Pressure Record

This record will help you and your physician decide how best to manage your blood pressure

Blood Pressure Record

Key Steps to an accurate blood pressure: sitting comfortably, quiet room, arm at the level of the heart (resting on the arm of a chair or a pillow), always discard the first measurement and record the second measure you obtain in the box below

My Target BP is <	**140**	**/**	**90**
	Systolic (top number)		**Diastolic**

DATE	**BLOOD PRESSURE**	**HEART RATE**	**COMMENTS**

Current Exercise: _____

Current Diet: DASH Diet | Mediterranean Diet | _____

Current Blood Pressure Medicine: _____