



BLOOD PRESSURE LOG



NAME: _____ MONTH: _____

day	Morning/Evening	systolic (upper)	diastolic (lower)	heart rate	notes/symptoms
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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27					
28					
29					
30					
31					



Friendly Reminders for Tracking Blood Pressure

- Take your blood pressure in the morning and afternoon around the same time for consistent measurements. In the morning, make sure to abstain from caffeine, smoking, and exercise before you take your blood pressure.
- Make sure to have the proper positioning of your body before taking your blood pressure. You should be sitting back in a chair, legs uncrossed, and feet on the ground.
- Rest your arm on a comfortable flat surface around the level of your heart.
- The blood pressure cuff should be wrapped around your bare skin above the elbow, NOT on top of clothes.
- During the measurement, make sure to stay as still as possible, relax, and do not talk to others.

American Heart Association recommended office blood pressure categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130-139	or	80-89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking