Blood Pressure Matters Make control your goal.



BLOOD PRESSURE LOG

KNOW YOUR BLOOD PRESSURE READINGS				HELPFUL TIPS TO SELF-MEASURED
Blood Pressure	SYSTOLIC mmHG		DIASTOLIC mmHG	BLOOD PRESSURE MONITORING
	(top number)		(bottom number)	Be still. Don't smoke, drink caffeinated beverages or exercise
Normal	<120	AND	<80	30 minutes before measuring your blood pressure (BP). Ensure at least
Elevated	120 129	AND	<80	• Sit with your back straight and supported. Your feet should be flat
High blood pressure	130 139	OR	80 89	on the floor.
(Stage 1 hypertension)	130 133	Oit		Measure at the same time every day. It's important to take the
High blood pressure	>140	OR	>90	readings at the same time each day, such as morning and evening.
(Stage 2 hypertension)	7 2 10	7140 OK 750		• Take multiple readings and record the results. Each time you
High blood pressure	>180	OR	>120	measure, take at least two readings one minute apart and record
(Seek medical attention)	. 200	<u> </u>		BP levels here.
				Work together with your doctor to manage your blood pressure.
Your Blood Pressure Goal				Share results of BP log at your next visit or communicate them to your
				physician's office in a timely manner.

Date	AM	PM

Date	AM	PM