



My Blood Pressure (BP) Tracker

Name:	Healthcare Provider:
Phone:	Healthcare Provider Phone:
MY BLOOD PRESSURE GOAL SET BY M	Y DOCTOR IS/

Blood Pressure Categories Defined by the American Heart Association

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher

INSTRUCTIONS FOR TAKING BLOOD PRESSURE

- 1. Take your blood pressure (BP) at the same time every day (such as 8 AM and 8 PM).
- 2. Wait 30 minutes after smoking, drinking caffeinated beverages or exercising to take your BP.
- 3. Sit in supportive chair with feet flat on floor and arm supported on a flat surface. Upper arm should be at heart level.
- 4. Follow the instructions that came with your blood pressure monitor.

BLOOD PRESSURE LOG

Date/Time	BP Reading	What Were You Doing?
	/	
	1	
	/	
	/	
	1	
	1	
	1	
	1	