

## **Blood Pressure Tracking Sheet**

Use this sheet to keep track of your blood pressure measurements at home using a home blood pressure device (you can purchase one at your local pharmacy). Discuss the information on this sheet with your healthcare provider at each visit.

Your goal blood pressure top number: Call your healthcare provider if: Top number is greater than Your goal blood pressure bottom number: Bottom number is greater than					
	Date	Time	Top Number	Bottom Number	Notes
	10/18/2014	8:15 AM	135	85	Felt Dízzy
	10/18/2014	8:20 AM	132	85	Fine
Fips for Checking Your Blood Pressure at Home					
Before Checking					
Check your blood pressure 2     times per day around the     same time every day.					
2. Do not exercise, smoke, or drink caffeine for at least 30 minutes before checking					
your blood pressure.					
3. Rest at least 5 minutes before checking your blood					
pressure.					
<ol> <li>Roll-up your sleeve so your clothing is not in the way of the arm cuff.</li> </ol>					
the difficult.					
While Checking					
I. Use the same arm each time					
(whichever arm gives the					
highest pressure).					
2. Keep both feet flat on the floor.					
3. Sit up straight and keep your					
back supported.					
I. Remain silent while					
measuring blood pressure.					
5. Keep your arm held straight					
at mid-chest level.					