



Blood Pressure Tracker

Keep a record of your progress

Writing down your blood pressure (BP) daily is a good way for you to monitor your progress and show your doctor how you're doing. Bring your filled-out tracker to your next appointment.

- Check your BP at the same time each day
- Don't move while you're measuring your BP
- Make sure you're sitting with your back straight and both feet flat on the floor. Support the arm with the BP cuff on a flat surface at heart level
- Record the time and your BP reading
- Review with your doctor at your next appointment

MONITORING EXAMPLE

WEEK 1:	01/10/15 - 01/16/15	
Day	Time	Reading
Monday	3:00pm	145 / 95

Weekly BP tracker

WEEK 1:		
Day	Time	Reading
Monday		/
Tuesday		/
Wednesday		/
Thursday		/
Friday		/
Saturday		/
Sunday		/

WEEK 2:		
Day	Time	Reading
Monday		/
Tuesday		/
Wednesday		/
Thursday		/
Friday		/
Saturday		/
Sunday		/

WEEK 3:		
Day	Time	Reading
Monday		/
Tuesday		/
Wednesday		/
Thursday		/
Friday		/
Saturday		/
Sunday		/

WEEK 4:		
Day	Time	Reading
Monday		/
Tuesday		/
Wednesday		/
Thursday		/
Friday		/
Saturday		/
Sunday		/

WEEK 5:		
Day	Time	Reading
Monday		/
Tuesday		/
Wednesday		/
Thursday		/
Friday		/
Saturday		/
Sunday		/

WEEK 6:		
Day	Time	Reading
Monday		/
Tuesday		/
Wednesday		/
Thursday		/
Friday		/
Saturday		/
Sunday		/

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