

# MY BLOOD PRESSURE LOG.



Name: \_\_\_\_\_

My Blood Pressure Goal: \_\_\_\_\_ mm Hg

## Instructions:

- ♥ Take at least two blood pressure readings one minute apart - once in the morning before taking medications and in the evening before dinner.
- ♥ For best results, remain still for at least 5 minutes. Sit with your back straight and supported and your feet flat on the floor.
- ♥ When you measure your blood pressure, rest your arm on a flat surface (such as a table) so your upper arm is at heart level.
- ♥ Record your blood pressure on this sheet and show it to your doctor at every visit.
- ♥ You can also use AHA's Check. Change. Control.® Tracker ([ccctracker.com/aha](http://ccctracker.com/aha)), a free online tool to help you track and monitor your blood pressure.
- ♥ You will need a campaign code to sign up for the CCC Tracker. Find the campaign code on the map for your state and sign up.

Date	AM	PM

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Visit **P3HP.org** for more information.