My Blood Pressure Journal

Taking your blood pressure regularly helps give your Primary Care Team a clearer picture of your risk for heart disease and stroke. Use this journal to write down your numbers and share it with your health care team at all medical visits.



Try these tips for keeping track of your blood pressure at home:

- Take your blood pressure twice a day morning and late afternoon at about the same time every day. Your Primary Care Team may want you to take 2 or 3 readings each time, 1 minute apart.
- Sit comfortably with both feet on the floor for at least five minutes before taking a measurement.
- Rest your arm on a table so the blood pressure cuff is at about the same height as your heart.

DATE	MORNING			EVENING		
	Time of Reading	Reading 1	Reading 2	Time of Reading	Reading 1	Reading 2
Oct 1, 2021	8 a.m.	139/82	141/82	6 p.m.	145/85	142/83

Know your numbers! Less than 130/80 is a general goal. Talk to your Primary Care Team about what numbers are right for you and the best plan to get — and keep — a healthy blood pressure.

