

LARGE PRINT



Blood Pressure Log

Morning and evening readings, made easy to keep

Your numbers explained • how to measure • my details • monthly log

Type in it on screen, or print as many copies as you like

Free from ElderlyDaily.com

Understanding Your Numbers

BLOOD PRESSURE CATEGORIES • AMERICAN HEART ASSOCIATION

Blood pressure is written as two numbers, for example 118/76 mm Hg.

Systolic is the top number, when the heart beats.

Diastolic is the bottom number, when the heart rests between beats.

CATEGORY	SYSTOLIC (TOP)		DIASTOLIC (BOTTOM)	
Normal	Less than 120	and	Less than 80	
Elevated	120 – 129	and	Less than 80	
High blood pressure, Stage 1	130 – 139	or	80 – 89	
High blood pressure, Stage 2	140 or higher	or	90 or higher	
Severe hypertension	Higher than 180	and/or	Higher than 120	

If a reading is higher than 180/120

1. Wait one minute, then take your blood pressure again.
2. If it is still that high, check for any of these symptoms:
chest pain, shortness of breath, back pain, numbness, weakness,
a change in vision, or difficulty speaking.
3. **WITH any of those symptoms: call 911 now.**
4. **WITHOUT symptoms: call your healthcare professional.**

Only a doctor or other healthcare professional can diagnose high blood pressure.

How to Take an Accurate Reading

FOLLOW THESE STEPS EVERY TIME • BASED ON AMERICAN HEART ASSOCIATION ADVICE

1

No caffeine, smoking or exercise

for 30 minutes before you measure.

2

Use the bathroom first

A full bladder can raise your reading.

3

Sit quietly for 5 minutes

Back supported, feet flat, legs uncrossed. No talking or phone.

4

Rest your arm at heart level

on a table, with a pillow under it if needed.

5

Cuff on bare skin

never over a sleeve. The bottom edge sits just above the bend of the elbow.

6

Check the cuff size

A cuff that is too small or too large gives a wrong number.

7

Take two readings, one minute apart

and write both down.

8

Measure at the same times each day

Ask your doctor how often. Bring this log to your appointments.

My Details

KEEP THIS PAGE WITH YOUR LOG • TAKE IT TO EVERY APPOINTMENT

NAME _____

DOCTOR _____

DOCTOR'S PHONE _____

PHARMACY & PHONE _____

MY TARGET BLOOD PRESSURE (FROM MY DOCTOR) _____

MY MONITOR (MAKE & MODEL) _____

CUFF SIZE / ARM I USE _____

MY MEDICATIONS

MEDICINE	DOSE	WHEN I TAKE IT

Monthly Blood Pressure Log

DAYS 1-16 • MORNING AND EVENING • PAGE 1 OF 2

MONTH & YEAR

ARM USED

MORNING

EVENING

DAY	TIME	SYS	DIA	PULSE	TIME	SYS	DIA	PULSE	NOTES
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									

SYS = top number • DIA = bottom number • Pulse = beats per minute • Write what the monitor shows.

Monthly Blood Pressure Log

DAYS 17–31 • MORNING AND EVENING • PAGE 2 OF 2

MONTH & YEAR _____

ARM USED _____

MORNING

EVENING

DAY	TIME	SYS	DIA	PULSE	TIME	SYS	DIA	PULSE	NOTES
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									

SYS = top number • DIA = bottom number • Pulse = beats per minute • Write what the monitor shows.

ONE READING PER LINE • FOR CHECKS AT ANY TIME OF DAY

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