

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](http://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

[illegible]

SYS = top number • DIA = bottom number • Pulse = beats per minute