

# Keep Track

## My Blood Pressure Log

**Patient Name**

Blood Pressure Category by AHA <sup>1</sup>	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	Less than 120	and	less than 80
Prehypertension	120-139	and	less than 80
<b>High</b>			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher

**My Doctor Recommends I Check My Blood Pressure:**

\_\_\_\_\_ times a day

DATE	TIME	READING 1		TIME	READING 2		TIME	READING 3		COMMENTS <small>(at pharmacy, missed medications, etc.)</small>
		Blood Pressure	Heart Rate (Pulse)		Blood Pressure	Heart Rate (Pulse)		Blood Pressure	Heart Rate (Pulse)	
1/1	10 am	132/85	77	12 pm	130/83	74	3 pm	130/83	74	at pharmacy
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<sup>1</sup> Recommendations from the American Heart Association, www.heart.org

# Keep Track

## My Blood Pressure Log (continued)

DATE	TIME	READING 1		TIME	READING 2		TIME	READING 3		COMMENTS <small>(at pharmacy, missed medications, etc.)</small>
		Blood Pressure	Heart Rate (Pulse)		Blood Pressure	Heart Rate (Pulse)		Blood Pressure	Heart Rate (Pulse)	
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