

Blood Pressure Tracker

Keep a record of your progress

Writing down your blood pressure (BP) daily is a good way for you to monitor your progress and show your doctor how you're doing. Bring your filled-out tracker to your next appointment.

- Check your BP at the same time each day
- Don't move while you're measuring your BP
- Make sure you're sitting with your back straight and both feet flat on the floor. Support the arm with the BP cuff on a flat surface at heart level
- Record the time and your BP reading
- Review with your doctor at your next appointment

MONITORING EXAMPLE

WEEK 1: 01/02/22-01/08/22

| Day | Time | Reading |
|--------|--------|----------|
| Monday | 3:00pm | 145 / 95 |

Weekly BP tracker

| WEEK 1: | Day | Time | Reading |
|---------|-----------|------|---------|
| | Monday | | / |
| | Tuesday | | / |
| | Wednesday | | / |
| | Thursday | | / |
| | Friday | | / |
| | Saturday | | / |
| | Sunday | | / |

| WEEK 2: | Day | Time | Reading |
|---------|-----------|------|---------|
| | Monday | | / |
| | Tuesday | | / |
| | Wednesday | | / |
| | Thursday | | / |
| | Friday | | / |
| | Saturday | | / |
| | Sunday | | / |

| WEEK 3: | Day | Time | Reading |
|---------|-----------|------|---------|
| | Monday | | / |
| | Tuesday | | / |
| | Wednesday | | / |
| | Thursday | | / |
| | Friday | | / |
| | Saturday | | / |
| | Sunday | | / |

| WEEK 4: | Day | Time | Reading |
|---------|-----------|------|---------|
| | Monday | | / |
| | Tuesday | | / |
| | Wednesday | | / |
| | Thursday | | / |
| | Friday | | / |
| | Saturday | | / |
| | Sunday | | / |

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