

Track your blood pressure



Tracking your blood pressure regularly can help you and your doctor better manage your care. Make it a part of your routine to monitor your blood pressure regularly based on your doctor's recommendations.

Here's how:

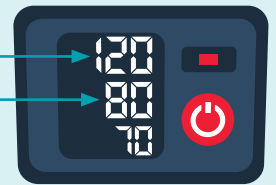
- ✓ Find a quiet place, rest your arm on a table at heart level, with your feet flat on the floor. Sit calmly without talking and wait at least five minutes before taking your reading.
- ✓ Then, use this log as a tool to track your values and share with your doctor.

Target blood pressure

_____ / _____

Blood pressure is measured as two numbers.

Systolic
Diastolic



Date: _____

Blood Pressure: _____ / _____

Date: _____

Blood Pressure: _____ / _____

Date: _____

Blood Pressure: _____ / _____

Date: _____

Blood Pressure: _____ / _____

Date: _____

Blood Pressure: _____ / _____

Date: _____

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