My Blood Pressure Log

American Heart Association | American Stroke Association
life is why®

Name_____

My Blood Pressure Goal _____ mm Hg

Instructions

- Take at least two blood pressure readings one minute apart - once in the morning before taking medications and in the evening before dinner.
- For best results, remain still for at least 5 minutes. Sit with your back straight and supported and your feet flat on the floor.
- When you measure your blood pressure, rest your arm on a flat surface (such as a table) so your upper arm is at heart level.
- Record your blood pressure on this sheet and show it to your doctor at every visit.
- You can also use AHA's Check. Change. *Control.*® Tracker (**ccctracker.com/aha**), a free online tool to help you track and monitor your blood pressure.
- You will need a campaign code to sign up for the CCC Tracker. Find the campaign code . on the map for your state and sign up.

Date	AM	PM

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