

## Blood Pressure Journal

- How to use:**
1. See the steps for checking your blood pressure.
    - Scan this code with your phone camera:
    - Or visit: [www.healthed4everyone.org/blood-pressure-guide/tracking/how-to-measure](http://www.healthed4everyone.org/blood-pressure-guide/tracking/how-to-measure)
  2. Choose when to check your blood pressure
    - If you can, try morning and evening
    - Pick a time when you can relax for a few minutes first
  3. Take two readings each time
    - Check your blood pressure
    - Wait at least 5 minutes
    - Check again
  4. Write down your numbers
    - Use the second page to record your readings
    - Write how you feel
  5. Calculate your average blood pressure
    - This tells you what your blood pressure is most of the time
  5. Share your readings with your healthcare provider
    - Bring this form to your next appointment
    - Or send your results on you patients portal



*Remember: Any measurements are helpful!*

**Example:**

<b>Date</b>	<b>Time</b>	<b>How Do You Feel?</b>	<b>Top Number (Systolic)</b>	<b>Bottom Number (Diastolic)</b>
10/1	9am	Tired	125	74
10/1	9:10am	Tired	123	72
10/1	6pm	Nervous	138	82
10/1	6:15pm	A little less nervous	129	78

Date	Time	How Do You Feel?	Top Number (Systolic)	Bottom Number (Diastolic)