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## NAME:

## **BLOOD PRESSURE MONITORING CHART**

Monitoring your blood pressure at home can provide valuable insights into your cardiovascular health. Use the following chart to record your blood pressure readings over time. You can then share this information with your doctor or healthcare professional during your appointments.

## **INSTRUCTIONS:**

**Date and Time:** Write down the date and time of day when you measure your blood pressure. This helps track variations that may occur throughout the day.

**Blood Pressure Readings:** Record your blood pressure readings in the designated columns. Blood pressure is recorded as two numbers: systolic (the top number) and diastolic (the bottom number). For example, if your reading is 120/80 mmHg, write "120" in the systolic column and "80" in the diastolic column.

Heart Rate: Measure and record your heart rate in beats per minute (bpm). You can usually find your heart rate on the same device you use for measuring blood pressure.

**Notes:** Use the notes section to jot down any relevant information. For instance, note if you were feeling stressed, just exercised, or took medication before measuring.



**Relaxation:** Sit in a quiet, comfortable place with your back straight and feet flat on the floor. Rest your arm on a table at heart level, palm facing upward. Relax for a few minutes before taking a reading.

**Proper Cuff Placement:** Make sure the blood pressure cuff is positioned correctly on your upper arm. The bottom edge of the cuff should be about an inch above your elbow. Follow the device's instructions for proper placement.

**Multiple Readings:** Take two or three readings, about a minute apart, and record the average. This provides a more accurate representation of your blood pressure.

**Share with Your Doctor:** Bring this chart to your doctor or healthcare professional during appointments. Discuss any trends, fluctuations, or concerns you've noticed in your blood pressure readings.

Remember, tracking your blood pressure over time can help you and your healthcare provider make informed decisions about your health. If you have any questions or concerns about your readings, don't hesitate to reach out to your healthcare team.







DATE	TIME	SYSTOLIC	DIASTOLIC	HEART RATE	NOTES







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