Heart Matters

BLOOD PRESSURE CHART

www.heartmatters.com

PATIENT NAME _____

TARGET BLOOD PRESSURE FOR MOST ADULTS: below 120/80 mmHg

Individual targets may vary. Always follow your doctor's advice.

HOW TO USE THIS CHART

Date & Time: Record when you take each reading to help identify patterns.

Systolic BP (mmHg): The upper number — pressure when your heart beats.

Diastolic BP (mmHg): The lower number — pressure between beats.

Heart Rate (bpm): Beats per minute, shown on your device.

Notes: Record any relevant context: stress, medication, exercise, or symptoms.

TIPS FOR ACCURATE READINGS

- **Timing:** Measure at the same time daily — ideally morning and evening, before meals.
- **Position:** Sit quietly for 5 minutes. Feet flat, back supported, arm at heart level.
- **Cuff:** Place 2–3 cm above the elbow crease, following device instructions.
- **Readings:** Take two readings one minute apart and record the average.
- **Share:** Bring this chart to every appointment with your doctor.

Date	Time	Systolic BP (mmHg)	Diastolic BP (mmHg)	Heart Rate (bpm)	Notes

This chart is for personal tracking only. Always consult your doctor for medical advice.

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