

# My Blood Pressure Log



American Heart Association.  
**Check. Change. Control.®**

Name \_\_\_\_\_

My Blood Pressure Goal \_\_\_\_\_ mm Hg

### Instructions

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- 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](http://ccctracker.com/aha)), a free online tool to help you track and monitor your blood pressure. Just find the campaign code on the map for your state and sign up.

Date	AM	PM

Date	AM	PM

### Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	LESS THAN 120	and	LESS THAN 80
<b>ELEVATED</b>	120 – 129	and	LESS THAN 80
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	130 – 139	or	80 – 89
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	140 OR HIGHER	or	90 OR HIGHER
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120

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