



MY BLOOD PRESSURE LOG

You can use this log to record your daily blood pressure readings and management. Try to take your blood pressure at the same time every day.

Use the table on the right to understand your blood pressure readings. If your blood pressure isn't normal, consider making small lifestyle changes, like eating healthy foods or getting more physical activity.

Think of each improvement you make, however small, as a success.

BLOOD PRESSURE RANGES

| BLOOD PRESSURE CATEGORY | SYSTOLIC MM HG (UPPER NUMBER) | | DIASTOLIC MM HG (LOWER NUMBER) |
|--|-------------------------------|--------|--------------------------------|
| Normal | Less than 120 | and | Less than 80 |
| Elevated | 120-129 | and | Less than 80 |
| High Blood Pressure (Hypertension Stage 1) | 130-139 | or | 80-89 |
| High Blood Pressure (Hypertension Stage 2) | 140 or higher | or | 90 or higher |
| Hypertension Crisis* | Higher than 180 | and/or | Higher than 120 |

* If you get a reading in the hypertension crisis zone (purple zone), call your provider right away.

| BP MONITORING | | | BP MANAGEMENT | | |
|---------------|---------|------------------------------|--|-------------------------------------|---------------------------------|
| Date | Time | Reading (Systolic/Diastolic) | Ate a healthy diet of fruits, vegetables, and whole grains | Got 30 minutes of physical activity | Took medication (if applicable) |
| 2/15/21 | 7:30 am | 120/80 | ✓ | | ✓ |
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MY BLOOD PRESSURE LOG (CONT.)

| BP MONITORING | | | BP MANAGEMENT | | |
|---------------|------|-------------------------------------|--|-------------------------------------|---------------------------------|
| Date | Time | Reading (Systolic/ Diastolic) | Ate a healthy diet of fruits, vegetables, and whole grains | Got 30 minutes of physical activity | Took medication (if applicable) |
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SOURCE: American Heart Association. (2020, August). [heart.org/bplevels](https://www.heart.org/bplevels)

This document was supported by the Office of Population Affairs (Grants FPTPA006030, TPSAH000006) and the Office on Women's Health (Grant ASTWH2000-90-01-00). The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

