

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.

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

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.

MY BLOOD PRESSURE LOG

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.

