

Your Blood Pressure Record

This record will help you and your physician decide how best to manage your blood pressure

Diabetic Blood Pressure Record

Key Steps to an accurate blood pressure: sitting comfortably, quiet room, arm at the level of the heart (resting on the arm of a chair or a pillow), always discard the first measurement and record the second measure you obtain in the box below

My Target BP is < 130 / 80

Systolic (top number)

Diastolic

DATE	BLOOD PRESSURE	HEART RATE	COMMENTS

Current Exercise: _____
Current Diet: DASH Diet | Mediterranean Diet | _____
Current Blood Pressure Medicine: _____