

## Blood Pressure Tracker

Blood pressure is typically recorded as two numbers, written as a ratio like this: 120 / 80

The **top** number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

The **bottom** number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

	BLOOD PRESSURE	HEART RATE (PULSE)
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		

Chart continued on back.



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- **Exercise:** Aerobics for at least 30 minutes 4 times per week.
- **Proper nutrition:** Low carbohydrates and fats.
- **Follow up visits** with physician to ensure that you know what is going on with your health.