

My Blood Pressure Tracker

Name: _____ Week of: _____

My clinician-set goal: _____ Check how often: _____

Before you measure

Use a validated upper-arm monitor with the correct cuff size.

For 30 minutes beforehand: no caffeine, smoking, or exercise. Empty your bladder.

Rest quietly for 5 minutes. Sit with back supported and feet flat; do not cross legs.

Support your arm at heart level. Put the cuff on bare skin. Stay quiet and still.

Take 2 readings, 1 minute apart. Record both and share this log with your clinician.

Date	Time	Reading 1 top / bottom	Reading 2 top / bottom	Notes / symptoms
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
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		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	
		___ / ___	___ / ___	

When to get help

If the top number is above 180 OR the bottom is above 120:

With chest pain, trouble breathing, weakness, vision changes, or difficulty speaking, call 911 immediately. Without symptoms, wait 1 minute and recheck; if still that high, contact your healthcare professional immediately. Do not change medicines yourself.

Adult general guidance. Pregnancy requires a separate, clinician-directed action plan.

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Learn the WHY, not just the answer. - Dr. Miry Fear

Understanding Your Blood Pressure

Top number (systolic): pressure in your arteries when your heart beats.

Bottom number (diastolic): pressure in your arteries between heartbeats.

Use your record to start a conversation

- What is my blood pressure goal?
- How often and at what times should I check it?
- Which readings or symptoms mean I should call you?
- Could my medicines or supplements affect my blood pressure?
- Can you check my monitor and cuff fit?

Questions for my next appointment

Remember

A single reading does not establish a diagnosis. Your clinician reviews the pattern.

Home monitoring supports care and does not replace appointments.

Keep taking medicines as prescribed. Discuss changes with your healthcare team.

Sources and review

American Heart Association: Understanding Blood Pressure Readings

American Heart Association: Home Blood Pressure Monitoring

Accessed October 7, 2026. Educational resource for adults.

BlueprintClinicalEducation.com

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