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BLOOD PRESSURE TRACKER

MONTH: _____

NAME: _____

WHAT: Blood pressure is taken in DOT physical exam to ensure it meets the standards required for safe driving. Blood pressure **under 140/90** mmHg is considered under control.

WHEN: Twice a day: morning and late afternoon. Try to take it at the same time each day. Recommendation: Don't smoke, exercise or drink caffeinated or alcoholic beverages within 30 min of measurement.

HOW: Sit comfortably with both feet on the floor and sit for 5 minutes before taking your blood pressure. Rest your arm on a table so blood pressure cuff is at same level as your heart.

NOTICE: This log is for personal monitoring only. Please consult with your primary doctor if your bp is not under control.

Important Tip:

Pay attention to the time of day when you achieve your best readings. Knowing this can help ensure better results during your visit to our office.

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PRESSURE CATEGORY	SYSTOLIC	DIASTOLIC
NORMAL	Under 120	O 80
ACCEPTABLE DOT CERTIFICATE FOR 2 YEARS	Under 140	O 90
STAGE 1	Over 140	O 90
STAGE 2	160 -179	O 100-109
STAGE 3	Over 179	O 109