



BLOOD PRESSURE & HEART RATE LOG



Free printable tools to help you understand your health,
recognize patterns, and make every appointment more meaningful.

Modern devices collect data. Classic tracking tells the story.

Smart watches, blood pressure monitors, glucose monitors, and health apps are wonderful tools. Our Health Logs are designed to work alongside those technologies, giving you a simple place to record symptoms, habits, medications, questions, and life events that technology can't always capture. Together, they help you and your healthcare provider see the bigger picture.



**Data is important.
Understanding is
what improves health.**

*Modern Medicine,
Classic Care.*

Month / Year: _____



My Blood Pressure Goal:



My Heart Rate Goal:

[illegible]

TIPS FOR ACCURATE BLOOD PRESSURE READINGS

- ✓ Rest quietly for 5 minutes before checking.
- ✓ Sit with your back supported and feet flat on the floor.
- ✓ Keep your arm supported at heart level.
- ✓ Avoid caffeine, smoking, or exercise for 30 minutes beforehand.
- ✓ Take readings at about the same times each day when possible.
- ✓ Use the same monitor when you can for the most consistent results.



QUESTIONS ABOUT YOUR READINGS?

Karen is here to help.

Looking for patterns is more helpful than focusing on a single reading. If your blood pressure readings are consistently outside your goal range, or you're noticing new or worsening symptoms, please reach out to Karen.



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Call 911 immediately for severe chest pain, signs of stroke, severe shortness of breath, or another medical emergency.



Thank you for taking an active role in your health.



Modern Medicine. Classic Care.