

Blood Pressure At-Home Tracker

Patient Name: _____

Instructions:

- Before testing, sit for 5 minutes with your back supported and your feet flat on the floor. Rest your arm on a table at the level of your heart
- Don't drink coffee or smoke cigarettes 30 minutes before taking your blood pressure.
- Go to the bathroom before taking the reading. A full bladder can increase blood pressure.
- Wear short sleeves so your arm is exposed.
- Take two readings *at least* 2 minutes apart.
- Best time to test is late morning or early afternoon

Date	Time	Reading #1	Reading #2	Heart Rate	Medication Taken	Time	Special Circumstances (i.e. exercising, eating large meal, stressful circumstances, new medicine)
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