

Blood Pressure Category	Systolic mm Hg (upper number)	Diastolic mm Hg (lower number)
NORMAL	Less than 120 and	less than 80
ELEVATED	120-129 and	less than 80
HIGH BLOOD PRESSURE STAGE 1	130-139 or	80-89
HIGH BLOOD PRESSURE STAGE 2	140 or higher or	90 or higher
HYPERTENSIVE CRISIS (Call 911 or your doctor right away.)	Higher than 180 and/or	higher than 120

For most adults, ideal blood pressure numbers are less than 120 systolic and less than 80 diastolic. Ask your healthcare provider about your own blood pressure goal and how often to check.



My blood pressure **GOAL IS:**

Less than Less than

systolic **diastolic**

My provider wants me **TO CHECK:**

x PER DAY **x** PER WEEK

In the morning In the evening

In the afternoon Before meds



MY HEALTHCARE PROVIDER:



Name: _____



Phone: _____

BLOOD Pressure TRACKER



Date and Time		My Blood Pressure Systolic / Diastolic 
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Date and Time		My Blood Pressure Systolic / Diastolic 
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Date and Time		My Blood Pressure Systolic / Diastolic 
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ACCURATE BLOOD PRESSURE READINGS ARE IMPORTANT.

Before measuring:

- Do not drink coffee or other caffeinated beverages, drink alcohol, or smoke or vape for at least 30 minutes before measuring.
- Use the restroom before you measure. A full bladder can affect the reading.
- Sit with your back supported, feet flat on the floor, and arm supported on a table or armrest. Rest for 3-5 minutes before measuring.



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