

# What's the big deal about controlling my blood pressure?

## Small changes can make a huge difference:

- **A 30-minute walk** every day can drop your blood pressure 10 points.
- **Losing 5–10 pounds** can drop your blood pressure 5 or more points.
- **Quitting smoking** can drop your blood pressure 5–10 points.

## Before measuring blood pressure:

- **Do not drink coffee** or use tobacco for at least 30 minutes before measuring.
- **Use the restroom** before you measure. A full bladder can affect the reading.
- **Sit with back supported** against the chair and feet flat on the floor.

## Health care provider:

---



---

## Provider phone:

---



# Blood Pressure Tracker



fold here

fold here

Fold here first, with printing on outside. Tape outside edges.

|                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| My Blood Pressure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Date              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| My Blood Pressure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Date              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

My goal blood pressure:

---



---