31 Day Blood Pressure Tracking Form

Tips and Instructions:

Take your reading at the same time each day or as directed by your healthcare provider.

Make sure to avoid smoking, drinking caffeinated beverages and/or exercise 30 minutes before taking your pressure.

Try to use the same arm for every reading.

Sit with your back straight and supported with your feet flat on the floor.

Place your arm on a flat surface with upper arm at heart level and relax your body.

If possible, avoid placing cuff over clothing.

When you are taking your reading, keep still and silent. Moving and talking can affect your reading.

Place the cuff directly over your brachial artery as shown in your monitor's instructions or ask your healthcare provider to show you how.

Record your numbers on the chart starting with the top number first and bottom second.

Blood Pressure for Adults Age 18 and Older

Category	Systolic (mm Hg)		Diastolic (mm Hg)
Stage 2 Hypertension	≥ 160	or	≥ 100
Stage 1 Hypertension	140-159	or	90-99
Prehypertension	120-139	or	80-89
Normal	< 120	and	< 80

PIMA COUNTY HEALTH SERVICES

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	AM Reading		PM Reading	
Date/Time	Blood Pressure	Heart Rate (Pulse)	Blood Pressure	Heart Rate (Pulse)
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