

Name _____

Day	Date	Before Breakfast		Before Lunch		Before Dinner		Before Sleep	
1		Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
		/		/		/		/	
		/		/		/		/	
		/		/		/		/	
2		Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
		/		/		/		/	
		/		/		/		/	
		/		/		/		/	
3		Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
		/		/		/		/	
		/		/		/		/	
		/		/		/		/	
4		Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
		/		/		/		/	
		/		/		/		/	
		/		/		/		/	
5		Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
		/		/		/		/	
		/		/		/		/	
		/		/		/		/	
6		Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
		/		/		/		/	
		/		/		/		/	
		/		/		/		/	
7		Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate
		/		/		/		/	
		/		/		/		/	
		/		/		/		/	

How to measure blood pressure at home?

- Perform blood pressure measurements in a quiet place while sitting down with back supported and both feet on the ground.
- Before breakfast, before lunch, before dinner, and before bed time.
- Perform three times the blood pressure readings one minute apart.

What are acceptable blood pressure levels?

- Normal BP is usually around 120/80 mmHg
- If you do not have diabetes, the home BP should be below 135/85 mmHg.
- If you have diabetes, the home BP should be below 125/75 mmHg.
- If persistently elevated, then we have to consider increasing your medications.

What is low blood pressure?

- If BP is persistently below 90/60 mmHg and especially if you feel dizzy.

