PRESBYTERIAN

BLOOD PRESSURE CHART

❤ Record your blood pressure on this chart. Don't take your blood pressure at the same time every day. Rest for at least five minutes before taking your blood pressure.

Date	Time	Blood Pressure	Date	Time	Blood Pressure
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❤ Make sure you are measuring your blood pressure accurately. Some automatic measuring devices are inaccurate. Check with your pharmacist for models that record best and are rarely returned by their customers.

❤ You can help keep your blood pressure down by taking your prescribed medications regularly, losing weight as needed, limiting your salt intake, limiting your alcohol consumption, and staying active.

❤ Please bring this calendar to your office appointments.

Presbyterian Heart Group
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