

BLOOD PRESSURE LOG BOOK



PERSONAL INFO

Name_____

Date of Birth_____

Phone Number_____

Address_____

Blood Group_____

Weight_____

Height_____

DOCTOR'S INFO

Name_____

Medications_____

Hospital Address_____

Phone Number_____

Email_____

EMERGENCY CONTACT

Name_____

Relationship_____

Address_____

Phone Number_____

HELPFUL NOTES

BP = BLOOD PRESSURE

- Never check your BP first thing in the morning. Why? Because an increase of BP is part of the waking up system.
- Similarly, a decrease in BP is part of the “falling asleep” system, so to get a baseline, the best time to take your BP is before going to sleep.
- Don't take your BP if you are angry, happy, or pushing a fridge. To pump blood through clenched muscles, your BP needs to go up, so it is not meaningful if your muscles are clenched in anger, in mirth or in effort.
- If your BP is high when you are completely relaxed, then consult your doctor.
- Things that can increase your BP: fat (weight), caffeine, nicotine, salt and excess alcohol.
- Things that can reduce your BP: genetics, low salt, exercise and weight loss.

WHY MAINTAINING A BLOOD PRESSURE LOG IS IMPORTANT

- To see for yourself how your treatment is working for you, are lifestyle changes or having any effect on your blood pressure.
- It can help with early diagnosis of high blood pressure.
- To alert you/your doctor to unexpected changes in your readings, helping them to make changes to or adjust your medication.
- To help identify white coat hypertension - where the pressure is markedly higher due to anxiety about seeing a doctor.

BLOOD PRESSURE CATEGORIES

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (Upper Number)	...	DIASTOLIC mm Hg (Lower Number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATE	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 or HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (CALL DOCTOR)	HIGHER THAN 180	and/ or	HIGHER THAN 120

Data from: American Heart Association

HOW TO CONTROL HIGH BLOOD PRESSURE

- **Weight Control:** Strive for a body mass index (BMI) between 18.5 and 24.9.
- **Regular Exercise:** Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week.
- **Eat Healthier:** Eat lots of fruit, veggies and low-fat dairy, and less saturated and total fat.
- **Reduce Sodium:** Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction.
- **Limit Alcohol:** Drink no more than 1-2 drinks a day. (One for most women, two for most men.)

HEART RATE FOR MEN

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18 - 25	49 - 55	56 - 62	62 - 65	66 - 69	70 - 73	74 - 81	82+
26 - 35	49 - 54	55 - 61	62 - 65	66 - 70	71 - 74	75 - 81	82+
36 - 45	50 - 56	57 - 62	63 - 66	67 - 70	71 - 75	76 - 82	83+
46 - 55	50 - 57	58 - 63	64 - 67	68 - 71	72 - 76	77 - 83	84+
56 - 65	51 - 56	57 - 61	62 - 67	68 - 71	72 - 75	76 - 81	82+
65+	50 - 55	56 - 61	62 - 65	66 - 69	70 - 73	74 - 79	80+

Data from: American Heart Association

HEART RATE FOR WOMAN

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18 - 25	54 - 60	62 - 65	66 - 69	70 - 73	74 - 78	79 - 84	85+
26 - 35	54 - 59	60 - 64	65 - 68	69 - 72	73 - 76	77 - 82	83+
36 - 45	54 - 59	60 - 64	65 - 69	70 - 73	74 - 78	79 - 84	85+
46 - 55	54 - 60	62 - 65	66 - 69	70 - 73	74 - 77	78 - 83	84+
56 - 65	54 - 59	60 - 64	65 - 68	69 - 73	74 - 77	78 - 83	84+
65+	54 - 59	60 - 64	65 - 68	69 - 72	73 - 76	77 - 84	84+

Data from: American Heart Association

HOW TO WRITE YOUR RECORDS

Week 29. Aug - 04 Sept

Weight 95.47 kg

	Time	Syst	Dias	B.P.M	Notes
Mon	a.m 9	115	75	98	CHANGED MEDICATION
	a.m 11	118	79	100	DRINKED COFFE
	p.m 15	112	74	92	TOOK A NAP
	p.m 18	120	82	105	BAD NEWS HEARD
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	a.m				
	p.m				
	p.m				
Tue	a.m				
	a.m				
	p.m				
	p.m				
Wed	a.m				
	a.m				
	p.m				
	p.m				
Thu	a.m				
	a.m				
	p.m				
	p.m				
Fri	a.m				
	a.m				
	p.m				
	p.m				
Sat	a.m				
	a.m				
	p.m				
	p.m				
Sun	a.m				
	a.m				
	p.m				
	p.m				

Week_____

Weight_____

	Time	Syst	Dias	B.P.M	Notes
Mon	a.m				
	a.m				
	p.m				
	p.m				
Tue	a.m				
	a.m				
	p.m				
	p.m				
Wed	a.m				
	a.m				
	p.m				
	p.m				
Thu	a.m				
	a.m				
	p.m				
	p.m				
Fri	a.m				
	a.m				
	p.m				
	p.m				
Sat	a.m				
	a.m				
	p.m				
	p.m				
Sun	a.m				
	a.m				
	p.m				
	p.m				

Week_____

Weight_____

	Time	Syst	Dias	B.P.M	Notes
Mon	a.m				
	a.m				
	p.m				
	p.m				
Tue	a.m				
	a.m				
	p.m				
	p.m				
Wed	a.m				
	a.m				
	p.m				
	p.m				
Thu	a.m				
	a.m				
	p.m				
	p.m				
Fri	a.m				
	a.m				
	p.m				
	p.m				
Sat	a.m				
	a.m				
	p.m				
	p.m				
Sun	a.m				
	a.m				
	p.m				
	p.m				

Week_____

Weight_____

	Time	Syst	Dias	B.P.M	Notes
Mon	a.m				
	a.m				
	p.m				
	p.m				
Tue	a.m				
	a.m				
	p.m				
	p.m				
Wed	a.m				
	a.m				
	p.m				
	p.m				
Thu	a.m				
	a.m				
	p.m				
	p.m				
Fri	a.m				
	a.m				
	p.m				
	p.m				
Sat	a.m				
	a.m				
	p.m				
	p.m				
Sun	a.m				
	a.m				
	p.m				
	p.m				