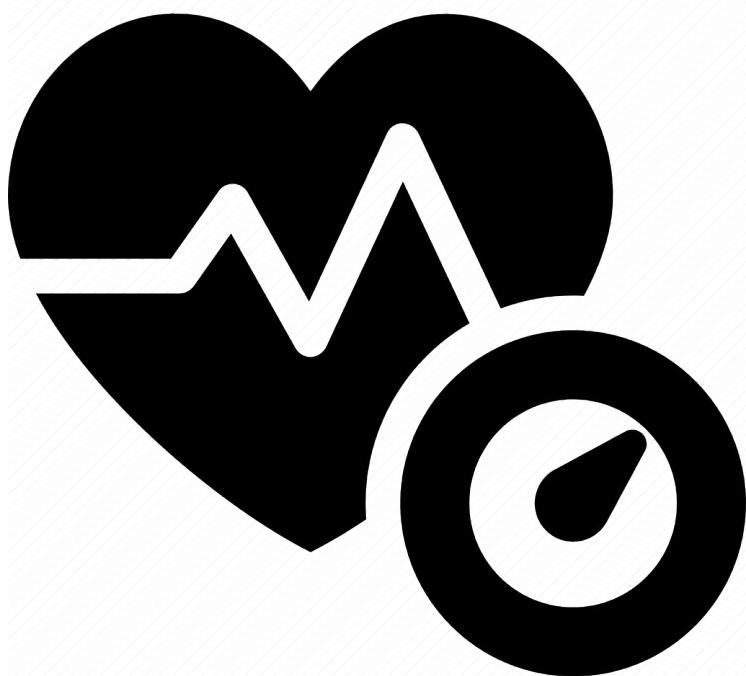


BLOOD PRESSURE LOG BOOK



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_____

- 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 COFFEE
	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				

Week _____

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Weight _____

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

Week _____

Weight _____

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

Week _____

Weight _____

	Time	Syst	Dias	B.P.M	Notes
Mon	a.m				
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Tue	a.m				
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Week _____

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	Time	Syst	Dias	B.P.M	Notes
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Week _____

Weight _____

	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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Week _____

Weight _____

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

Week _____

Weight _____

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

Week _____

Weight _____

	Time	Syst	Dias	B.P.M	Notes
Mon	a.m				
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Week _____

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	Time	Syst	Dias	B.P.M	Notes
Mon	a.m				
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Weight _____

	Time	Syst	Dias	B.P.M	Notes
Mon	a.m				
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	Time	Syst	Dias	B.P.M	Notes
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Week _____

Weight _____

	Time	Syst	Dias	B.P.M	Notes
Mon	a.m				
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	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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	Time	Syst	Dias	B.P.M	Notes
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