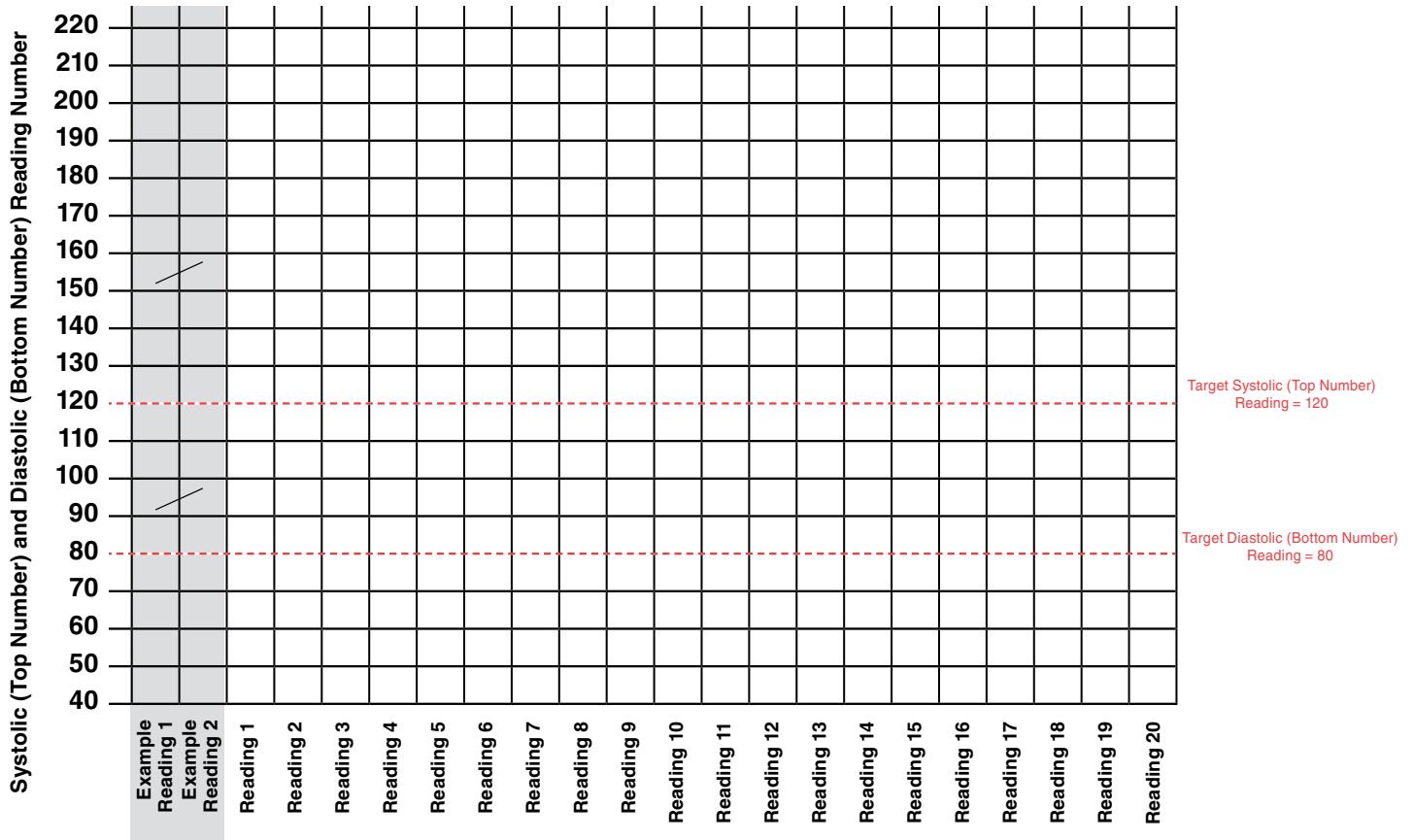


## Blood Pressure Reading Tracking



Record the date and time of the reading below with each reading number along with your actual reading-systolic and diastolic (top and bottom blood pressure numbers). Also with each reading, record notes and things that you feel may have had an impact on your readings like medication changes, diet changes, stress, exercise changes, etc. Connect your dots above to create a separate line graph for the systolic and diastolic readings that will show your blood pressure ups and downs in 2 different line graphs. See the example listed below and on the graph.

**Example- Reading 1:** 7/5/2007: 152/92 - Started blood pressure medication today

**Example- Reading 2:** 7/6/2007: 157/97 - Lots of stress at work today

Reading 1: \_\_\_\_\_

Reading 11: \_\_\_\_\_

Reading 2: \_\_\_\_\_

Reading 12: \_\_\_\_\_

Reading 3: \_\_\_\_\_

Reading 13: \_\_\_\_\_

Reading 4: \_\_\_\_\_

Reading 14: \_\_\_\_\_

Reading 5: \_\_\_\_\_

Reading 15: \_\_\_\_\_

Reading 6: \_\_\_\_\_

Reading 16: \_\_\_\_\_

Reading 7: \_\_\_\_\_

Reading 17: \_\_\_\_\_

Reading 8: \_\_\_\_\_

Reading 18: \_\_\_\_\_

Reading 9: \_\_\_\_\_

Reading 19: \_\_\_\_\_

Reading 10: \_\_\_\_\_

Reading 20: \_\_\_\_\_



Date: \_\_\_\_\_ through \_\_\_\_\_

Member ID#: \_\_\_\_\_

Name: \_\_\_\_\_

HEALTHCARE BUILT FOR YOU

PERSONAL BLOOD PRESSURE  
TRACKING CARD