

Healthy Blood Pressure for Healthy Hearts

Tracking Your Numbers



It's important to get your blood pressure checked at least once a year. Use this worksheet to record your blood pressure numbers each time you visit the doctor or clinic.

It usually takes more than one reading to know if you have high blood pressure. If your blood pressure has been high, your doctor may want to see you more often. Ask your doctor what your target numbers should be and how often you should get checked.

My target blood pressure

_____ / _____

Blood pressure is measured as two numbers.

Systolic
Diastolic



Date: _____

Blood Pressure _____ / _____

Date: _____

Blood Pressure _____ / _____

Date: _____

Blood Pressure _____ / _____

Date: _____

Blood Pressure _____ / _____

Date: _____

Blood Pressure _____ / _____

Date: _____

Blood Pressure _____ / _____

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Date: _____

Blood Pressure _____ / _____

Date: _____

Blood Pressure _____ / _____

Learn more at www.nhlbi.nih.gov/hypertension

