

BLOOD PRESSURE TRACKER – Wallet Card



City of La Porte
Emergency
Medical
Service

INSTRUCTIONS:

- Take your blood pressure at the same time each day in the morning or evening, or as recommended by your healthcare provider.
- Sit up straight with you feet on the floor.
- Your arm should be supported on a flat surface with your upper arm at heart level.
- Make sure the middle of the blood pressure cuff is placed directly over your brachial artery. Refer to your blood pressure monitor’s instructions for further details or have your healthcare provider show you how.
- Each time you measure your blood pressure, take two or three readings, one minute apart and record all results.



Cut this card out, fold it and keep in your wallet for use when you are traveling or away from home.

	BLOOD PRESSURE	HEART RATE (Pulse)		BLOOD PRESSURE	HEART RATE (Pulse)		BLOOD PRESSURE	HEART RATE (Pulse)
DATE: TIME:			DATE: TIME:			DATE: TIME:		
READING 1	/		READING 1	/		READING 1	/	
READING 2	/		READING 2	/		READING 2	/	
READING 3	/		READING 3	/		READING 3	/	
DATE: TIME:			DATE: TIME:			DATE: TIME:		
READING 1	/		READING 1	/		READING 1	/	
READING 2	/		READING 2	/		READING 2	/	
READING 3	/		READING 3	/		READING 3	/	
DATE: TIME:			DATE: TIME:			DATE: TIME:		
READING 1	/		READING 1	/		READING 1	/	
READING 2	/		READING 2	/		READING 2	/	
READING 3	/		READING 3	/		READING 3	/	
DATE: TIME:			DATE: TIME:			DATE: TIME:		
READING 1	/		READING 1	/		READING 1	/	
READING 2	/		READING 2	/		READING 2	/	
READING 3	/		READING 3	/		READING 3	/	