Set a Goal with Your Health Care Provider

Talk with a health care provider about setting a blood pressure goal and the changes you can make to reach that goal.

The following changes can help you reach your goal:

- **Choose foods that are lower in salt and other forms of sodium. Read food labels.**
- **Eat a diet high in fresh fruits and vegetables and low-fat dairy products.**
- **Maintain a healthy weight.**
- **Get at least 30 minutes of physical activity per day.**
- **Limit yourself to no more than one drink of alcohol a day for women, two drinks a day for men.**
- **Remember to take your blood pressure medicine.**
- **Stop using tobacco.**

My blood pressure goal is: _____

Location e.g. home	Date/Time	Blood Pressure
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____
_____	_____	_____ / _____

My Blood Pressure LOG

Start tracking your blood pressure today.

Start With Your Heart

Justus-Warren Heart Disease & Stroke Prevention Task Force

To learn more about blood pressure

**Visit
startwithyourheart.com/Resources**

Questions to Ask Your Pharmacist

- What is my medicine called, and what does it do?

- How and when should I take it? And for how long?

- What if I forget to take it?

- Are there any side effects?

- Is it safe to take with other medicines or vitamins?

- Can I stop taking it if I feel better?

How to Take Your Blood Pressure with an Automatic Blood Pressure Machine

- Take your blood pressure at the same time every day, such as in the morning and at night.

- Don't smoke, drink caffeinated beverages, eat or exercise 30 minutes before measuring your blood pressure.

- Empty your bladder before taking blood pressure.

- Relax and sit with your arm slightly bent and resting comfortably on a table at the same level as your heart.

- Place the cuff securely on your upper arm (approximately one inch above your elbow). The cuff should be touching your skin.

- Follow the directions on the blood pressure machine to start the reading.

- Each time you take your blood pressure, do it two or three times, one minute apart, and write down all results.

- Share all results with your health care provider.