



## Handy Blood Pressure Log

One of the best measures of human health as it relates to heart health and circulation is blood pressure. Monitoring your blood pressure each day can be a very critical component to promoting a healthy lifestyle and ensuring longevity.

*Here is a simple log you can use to track your blood pressure each day for a week.*

**NOTE:** Take your blood pressure each morning before eating

Dates: to	Systolic Reading	Diastolic Reading	Pulse Pressure
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

## **Definitions:**

**Systolic Blood Pressure:** the maximum pressure by the heart and is the top reading or the first number recorded. A reading around 120 is good.

**Diastolic Blood Pressure:** the amount of pressure in your arteries between each beat, or the second number recorded. A reading around 80 is good.

**Pulse Pressure:** the difference between systolic and diastolic. A number close to 40 is good.

There are many good blood pressure cuffs or readers that you can buy at a good price on Amazon and other retail stores. This small cost could help save your life if you detect high blood pressure. It's called "The Silent Killer" for a reason. There are usually very little symptoms. Get checked today!

*Disclaimer: Please consult with your doctor or other qualified health care professional before making any changes to medication or diet.*