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Healthy Living: Keep Track of Your Blood Pressure[1]

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ENAFS Elder Nutrition and Food Safety

Every time you take your blood pressure at home or have it checked by a health professional, write down the date and time, the measurement, where it was taken (home, doctor's office, etc.), and any comments from you or the health professional (like medications you are taking or recently stopped taking, how you feel, and the arm where the pressure was taken).

Date and Time	Blood Pressure	Place Taken	Comments
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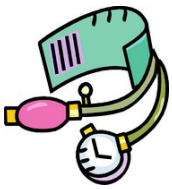

Talk to your doctor if you have questions about monitoring your blood pressure or hypertension. To locate a registered dietitian (RD) in your area call The American Dietetic Association at 1-800-366-1655 (available in English and Spanish).

1. La versión en español de este documento es *Vida Saludable: Anote su presión sanguínea* (FCS8601Span). This document is FCS8601, one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. First published: April 2000. Reviewed: October 2009. Please visit the EDIS Web site at http://edis.ifas.ufl.edu.

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