

Controlling your blood pressure

Monitoring your blood pressure is essential to preventing another stroke. Use this chart and monthly logs to track your blood pressure. Share these logs with your doctor as you follow up with him or her. Consult your doctor immediately if you're ever in the red.

BLOOD PRESSURE LEVEL	SYSTOLIC (UPPER NUMBER)		DIASTOLIC (LOWER NUMBER)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or Higher	or	90 or Higher
Hypertensive Crisis	Higher than 180	and/ or	Higher than 120
Consult your doctor immediately!			

Blood Pressure Log

DAY	TIME	BLOOD PRESSURE		TIME	BLOOD PRESSURE	
	AM	SYSTOLIC	DIASTOLIC	PM	SYSTOLIC	DIASTOLIC
00	8:37 am	127	83	8:02	125	80
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