



Try these tips for keeping track of your blood pressure at home:

- ✓ Always take your blood pressure at the same time every day.
- ✓ Take at least two readings, 1 or 2 minutes apart.
- ✓ [Visit \[cdc.gov/bloodpressure\]\(https://www.cdc.gov/bloodpressure\) to learn how to correctly measure your blood pressure.](https://www.cdc.gov/bloodpressure)

Date	Morning			Evening		
	Time of Reading	Reading 1	Reading 2	Time of Reading	Reading 1	Reading 2