What's the **big deal** about controlling my blood pressure?

Small changes can make a huge difference:

- ***A 30-minute walk*** every day can drop your blood pressure 10 points.
- ***Losing 5-10 pounds*** can drop your blood pressure 5 or more points.
- ***Quitting smoking*** can drop your blood pressure 5-10 points.

Before Measuring Blood Pressure:

- ***Do not drink coffee*** or use tobacco for at least 30 minutes before measuring.
- ***Use the restroom*** before you measure. A full bladder can affect the reading.
- ***Sit with your back supported*** by the chair back and feet flat on the floor.

Health Care Provider:

_____

_____

Provider Phone:

_____

Washington State Department of Health

DOH 345-274 October 2015

Blood Pressure **Tracker**

DATE	MY BLOOD PRESSURE	DATE	MY BLOOD PRESSURE
_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____
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_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____
_____	_____ / _____	_____	_____ / _____

My goal blood pressure:
_____ / _____

To print online, go to http://here.doh.wa.gov/materials/blood-pressure-tracker
To order multiple copies, call 360-236-3770.

PRINTING SPECIFICATIONS

Title:	**Blood Pressure Tracker**
Size:	7.75 x 3.75″
Paper stock:	100# Text Mohawk Options, white, smooth
Ink color:	4-color process/black, bleeds
Special instructions:	Matte protective coating on both sides. Score. Deliver flat
DOH Pub #:	345-274