

High Blood Pressure Action Plan

Blood Pressure



Today's Date: _____

Blood Pressure: _____ / _____

YOUR GOAL: LESS THAN

140/90

130/80

Eat Less Salt Eat More Fruits & Vegetables



Salt/Sodium Control

Eat less salt and more fruit and vegetables. It is important to read food labels and learn which foods are high in salt or sodium, because these can raise your blood pressure. Eat small amount of these foods. Follow the DASH Diet when possible.

Tips for reducing the sodium in your diet:

- Prepare recipes and dishes with fresh, frozen, or canned food items without added salts
- Select unsalted or reduced sodium broths, bouillons or soups
- Select fresh meats without added spices or marinades
- Select unsalted or lightly salted snack foods



Take Your Medicine

Take your blood pressure medications as directed.

Be Physically Active



Exercising 5 days a week for at least 30 minutes daily can help lower your blood pressure. If you prefer you may break up a day's exercise into three 10 minute segments.

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
Activity	Activity	Activity	Activity	Activity
_____	_____	_____	_____	_____
Minutes	Minutes	Minutes	Minutes	Minutes

Blood Pressure Tracker

Instructions

- You should have your monitor's accuracy tested once a year by a healthcare professional.

Date of last test: _____

- Make sure the cuff fits: measure around your upper arm and choose a monitor that comes with the correct size cuff.
- It's important to take the readings at the same time each day, such as morning and evening, or as your healthcare professional recommends.



- Don't smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure.

Recommended Blood Pressure Levels

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher

If your blood pressure is higher than 180/110 mm Hg, contact your Burke Primary Care doctor.

DATE/TIME	READING 1		READING 2		READING 3		COMMENTS
	BLOOD PRESSURE	HEART RATE (PULSE)	BLOOD PRESSURE	HEART RATE (PULSE)	BLOOD PRESSURE	HEART RATE (PULSE)	
EXAMPLE 1/1/08 8:00pm	132/85 mm Hg	81 Beats Per Min.	130/80 mm Hg	70 Beats Per Min.	126/80 mm Hg	72 Beats Per Min.	at pharmacy