



Blood Pressure Tracker

Name: _____

My Blood Pressure Target Goal is: _____ / _____ mm Hg

Date	Time	Systolic	Diastolic	Pulse	Notes

Blood pressure higher than 180/110 is an emergency. Call 9-1-1 immediately or have someone drive you to the nearest emergency facility.

For additional information about high blood pressure or cardiovascular disease, visit georgiahealthinfo.gov.