

Blood Pressure Record

My goal is: ____/____

- Keep card with you -

Date	Time	Blood Pressure	Pulse
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Get accurate blood pressure readings

These 7 things may help you to get more accurate blood pressure readings.

- 1 Don't have a conversation**
Talking adds 10 to 15mmHg
- 2 Put cuff on bare arm**
Cuff over clothes adds 10 to 40mmHg
- 3 Support arm at heart level**
Unsupported arm adds 10mmHg
- 4 Support your back**
Unsupported back adds 5 to 10mmHg
- 5 Empty bladder**
Full bladder adds 10 to 15mmHg
- 6 Keep legs uncrossed**
Crossed legs adds 5 to 10 mmHg
- 7 Support feet**
Unsupported feet adds 5 to 10mmHg

