

BRAUN

BP Tracker

Name:

This free Braun BP Tracker will help you track your blood pressure readings with ease. Simply save and print this electronic form to share with your healthcare professional, or e-mail your results with the click of a button. The 'Notes' section is helpful to record medications and/or to rate stress levels on a given day.

According to the World Health Organization guidelines, high blood pressure for adults is defined as a systolic blood pressure of 140 mmHg or higher, or a diastolic blood pressure of 90 mmHg or higher. Blood pressure of less than 120 mmHg systolic and less than 80 mmHg diastolic is considered normal.

Blood pressure higher than 180/110 mmHg is an emergency. If this is the case, call 911 immediately.

Measuring your blood pressure:

- Take readings at the same time of day, ideally once in the morning and once in the evening;
- Wait 30 minutes after exercising, bathing, eating, smoking, or drinking coffee, tea or alcohol before taking a measurement;
- Relax for at least 5~10 minutes before measurements;
- To take a measurement, sit in a chair with your feet flat on the floor, keep still, and do not move or speak during the measurement;
 - For wrist monitors, rest your elbow on a table to make sure the monitor is held at heart level;
 - For upper arm, place the cuff directly over your brachial artery as shown in your instructional booklet.
- Wait at least 3~5 minutes between measurements.

www.BraunBloodPressureMonitors.com

Week 1

Data															Avg	
09 Date																
Time																
SYS mmHg																
DIA mmHg																
PUL min																
Notes																

Week 2

09 Date																
Time																
SYS mmHg																
DIA mmHg																
PUL min																
Notes																



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Week 3

Data															Avg	
09 Date																
Time																
SYS mmHg																
DIA mmHg																
PUL min																
Notes																

Week 4

09 Date																
Time																
SYS mmHg																
DIA mmHg																
PUL min																
Notes																

4 Week Cumulative Average

SYS 000
mmHg

DIA 000
mmHg

PUL 000
min

Save As

E-mail

Print

Clear All