



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

- 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.
- Every 5-point decrease in blood pressure reduces:
  - Risk of stroke by 34 percent.
  - Risk of heart attack by 21 percent.

\_\_\_\_\_  
Name

\_\_\_\_\_  
ID

\_\_\_\_\_  
Healthcare provider

\_\_\_\_\_  
Provider telephone



## Blood Pressure Tracker

*Your doctor wants you to take your blood pressure medicine before any lab test or office appointment.*



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Date	My Blood Pressure	Date	My Blood Pressure
_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
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_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
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_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____
_____	_____/_____ _____	_____	_____/_____ _____

**Name:** \_\_\_\_\_

**ID:** \_\_\_\_\_

**My blood pressure goal:** \_\_\_\_\_