



BLOOD PRESSURE TRACKER

A Truly Unique Touch CPR and Diagnostics | A Strong Heart Starts with a Simple Draw.

Name: _____ Healthcare provider: _____ Provider phone: _____

Date	Time	Systolic (top)	Diastolic (bottom)	Pulse	Symptoms / How I feel	Medication taken?	Notes / Questions for my provider

Tracking tip: Measure at about the same times each day when possible. Sit quietly before checking and follow the instructions supplied with your monitor. Bring this tracker to your healthcare visits.

EMERGENCY WARNING: If you have chest pain or pressure, severe shortness of breath, fainting, sudden weakness or numbness, or severe/worsening symptoms, call 911 or seek emergency care.

Educational tool only. This tracker does not diagnose a condition or replace professional medical advice. Follow up with your healthcare provider about your readings and symptoms.