Chronic Kidney Disease

Monitor Your Blood Pressure

It's important to check your blood pressure regularly. A blood pressure reading has two parts, systolic (the top number) and diastolic (the bottom number). Systolic pressure is when the heart pumps blood. Diastolic pressure is when the heart is at rest between beats.

Normal blood pressure 120/80 or less
Prehypertension 120-139/80-89
High blood pressure 140/90 or higher

My goal: _____ Date: ____

Date/time	Reading		Comments
	Blood pressure	Heart rate (pulse)	
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