

# My Blood Pressure Action Plan

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_  
Doctor name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Take this form to your next appointment with your doctor. Together, you and your doctor can develop a blood pressure goal and develop a plan to achieve it.**

## Medication Management

List all the medications you currently take. Your doctor can review this list and help you decide if changes are needed. Tell your doctor if you have problems with any medication.

Name of medication (e.g., metoprolol)	How much to take (e.g., 100 mg)	When to take it (e.g., every morning)	What it's for (e.g., lower blood pressure)

## Blood Pressure Monitoring

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

Normal blood pressure	120/80	High blood pressure/Stage 1	130-139/80-89
Elevated blood pressure	120-129/80	High blood pressure/Stage 2	140/90

My blood pressure goal is: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Contact your doctor if either number exceeds:**

\_\_\_\_\_ **Systolic**    \_\_\_\_\_ **Diastolic**



## My Blood Pressure Action Plan (continued)

### Controlling Sodium

Sodium increases blood pressure because it holds excess fluid in the body. Most of the sodium we eat comes from processed foods such as canned soup, cold cuts, fast food, pickles, ham, and chips. Read food labels to see which foods are high in sodium and avoid those foods or eat them in small amounts. Also, don't add salt when cooking or eating. Ask your doctor how much sodium you should consume per day.

Here are three high-sodium foods that I can cut back on right now:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### Losing Weight

Small changes in your diet can make a big difference to your weight. Losing five pounds can help lower your blood pressure.

Current weight:

My weight	In three months	In six months	In 12 months
Date			
Weight			

Here are four things I can do right now to lose weight:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

### Activity Planning

Exercising most days of the week for at least 30 minutes a day can help lower your blood pressure. You can break up a day's exercise into three 10-minute segments. Good activities include walking and swimming.

Here are three things I can do right now to be more active:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### Smoking, Alcohol, and Stress

Quitting smoking may be the most important thing you can do to lower your blood pressure. You'll also reduce your risk of heart disease and stroke.

I currently smoke  packs/or  cigarettes per day

Goal: Reduce to  packs/or  cigarettes per day

Goal: Quit by (date)

☐ I don't smoke.

Limit amount of alcohol to less than  drinks each week.

☐ I don't drink alcohol.

To reduce stress, I will \_\_\_\_\_