Name: DOB:

For every 15 points your systolic blood pressure (top #) goes above 115 your risk for heart attack and stroke doubles. For every 5 points your diastolic blood pressure (bottom #) goes above 85 your risk for heart attack and stroke doubles.

115/85: No risk for Heart Attack or Stroke
130/90: 2 times greater risk for Heart Attack or Stroke
145/95: 4 times greater risk for Heart Attack or Stroke
160/100: 8 times greater risk for Heart Attack or Stroke

Date & Time	BP

Date & Time	BP

Date & Time	BP

Take your blood pressure the same time every day, once a day.