

The Silent Signal Tracker

A 30-Day Blood Pressure & Lifestyle Log

High blood pressure rarely announces itself. It builds quietly, day after day, long before any symptom appears. This tracker exists to catch what a single doctor's office reading can miss: the pattern.

Use it daily for 30 days. Bring it to your next appointment. Let your doctor see the full picture instead of one isolated number.

How to Use This Tracker

- Check your blood pressure at roughly the same times each day, ideally once in the morning and once in the evening, before medication or caffeine.
- Sit quietly for five minutes before measuring. Keep your arm supported at heart level.
- Record both readings, even if one looks unusual. Unusual readings are often the most useful ones to track.
- Note anything that might explain a spike or dip: poor sleep, alcohol, a stressful morning, missed medication.
- After each week, fill in the Weekly Pattern Summary to spot trends before your appointment.

Blood Pressure Categories (for quick reference)

Category	Systolic (top)	Diastolic (bottom)
Normal	Less than 120	Less than 80
Elevated	120 - 129	Less than 80
Stage 1 Hypertension	130 - 139	80 - 89
Stage 2 Hypertension	140 or higher	90 or higher
Hypertensive Crisis	Higher than 180	Higher than 120

Source: American Heart Association blood pressure categories. A hypertensive crisis reading requires immediate medical attention, especially if paired with chest pain, shortness of breath, or vision changes.

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Companion resource to: "High Blood Pressure: The Condition You Can't Feel Until You Can't Ignore It"

Daily Log — Days 1 to 10

Day	Date	Time	Systolic	Diastolic	Pulse	Meds Taken	Notes (sleep, salt, alcohol, stress)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Tip: record your reading even on days it looks completely normal. A full 30 days of data, not just the unusual days, is what reveals the real pattern.

Daily Log — Days 11 to 20

Day	Date	Time	Systolic	Diastolic	Pulse	Meds Taken	Notes (sleep, salt, alcohol, stress)
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

Tip: record your reading even on days it looks completely normal. A full 30 days of data, not just the unusual days, is what reveals the real pattern.

Daily Log — Days 21 to 30

Day	Date	Time	Systolic	Diastolic	Pulse	Meds Taken	Notes (sleep, salt, alcohol, stress)
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							

Tip: record your reading even on days it looks completely normal. A full 30 days of data, not just the unusual days, is what reveals the real pattern.

Weekly Pattern Summary

Fill this in at the end of each week. Bring the completed summary to your next appointment so your doctor sees the pattern, not just a single reading.

Week	Average Systolic	Average Diastolic	Highest Reading	Lowest Reading	Notes / Questions for Your Doctor
Week 1					
Week 2					
Week 3					
Week 4					

If you are experiencing chest pain, severe headache, vision changes, or shortness of breath alongside a very high blood pressure reading, seek emergency medical care immediately rather than waiting for a routine appointment.

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