

# My Goal Numbers

Use this card to write down your treatment goal numbers. Track your blood pressure numbers on the chart below and bring it with you when you visit your doctor.

Date	Blood Pressure
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**My Goal Blood Pressure**

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**Notes**

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## What your blood pressure numbers mean

Blood pressure numbers	What they mean	Blood pressure numbers for people with diabetes	What they mean
140/90 or higher	<b>High</b>	130/90 or higher	<b>High</b>
130/85	<b>Good</b>	Less than 130/85	<b>Good</b>
120/80	<b>Best</b>	120/80	<b>Best</b>