

Blood Pressure After Exercise Chart

Patient Information

- Name: _____
- Date of Birth: _____
- Gender: _____
- Medical History:

Baseline Blood Pressure

- Resting Systolic BP: _____
- Resting Diastolic BP: _____

Exercise Session Details

- Type of Exercise: _____
- Intensity: _____
- Duration: _____
- Any notable symptoms during exercise: _____

Post-Exercise Blood Pressure Measurements

1. Immediately After Exercise

- Systolic BP: _____
- Diastolic BP: _____

2. 15 Minutes After Exercise

- Systolic BP: _____
- Diastolic BP: _____

3. 30 Minutes After Exercise

- Systolic BP: _____

- Diastolic BP: _____

4. 60 Minutes After Exercise

- Systolic BP: _____
- Diastolic BP: _____

Additional Notes

- Any symptoms post-exercise (dizziness, shortness of breath, etc.):

- Hydration status:

- Any other relevant information:

Recommendations/Next Steps

Instructions for Use

1. Record baseline blood pressure before the exercise session.
2. During the exercise session, monitor the type, intensity, and duration.
3. Record blood pressure immediately after exercise and at 15, 30, and 60 minutes post-exercise.
4. Note any symptoms experienced during or after exercise.
5. Consider hydration status and any other relevant information.
6. Provide recommendations or adjustments to medication or exercise regimen.
7. Schedule a follow-up appointment as needed.

Instruction Notes

The patient presented with controlled hypertension and engaged in a 30-minute brisk walking exercise. Monitored blood pressure immediately post-exercise at 15, 30, and 60 minutes. No symptoms were reported, and blood pressure remained within acceptable ranges. Reinforced positive lifestyle choices and encouraged continuation of current exercise routine. No adjustments to medication are deemed necessary. Scheduled follow-up for ongoing monitoring and support.