

30-Day DOT Blood Pressure Tracking Chart

Name: _____ Month/Year: _____

Goal: Keep BP below **140/90 mmHg** for a 2-year DOT medical card

Day	Date	Morning	Evening	Day	Date	Morning	Evening
1		/	/	16		/	/
2		/	/	17		/	/
3		/	/	18		/	/
4		/	/	19		/	/
5		/	/	20		/	/
6		/	/	21		/	/
7		/	/	22		/	/
8		/	/	23		/	/
9		/	/	24		/	/
10		/	/	25		/	/
11		/	/	26		/	/
12		/	/	27		/	/
13		/	/	28		/	/
14		/	/	29		/	/
15		/	/	30		/	/

FMCSA Guidelines

- <140/90: 2 Yrs
- 140-159/90-99: 1 Yr
- 160-179/100-109: 3 Mos
- 180+/110+: DQ until controlled