

DAILY BLOOD PRESSURE LOG

NAME:

MONTH/YEAR:

DATE	TIME	READING (MMHG)		PULSE (BPM)	NOTES (ACTIVITY, MEDS, DIET)
		SYSTOLIC	DIASTOLIC		

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		SYSTOLIC	DIASTOLIC		

Normal: < 120/80 | Elevated: 120-129/< 80 | Hypertension Stage 1: 130-139/80-89 | Stage 2: 140+/90+