

# BLOOD PRESSURE RECORD

Target: 120/80 mmHg

Name: \_\_\_\_\_

Month/Year: \_\_\_\_\_

<b>DATE</b>	<b>TIME</b>	<b>SYSTOLIC (TOP)</b>	<b>DIASTOLIC (BOTTOM)</b>	<b>PULSE</b>	<b>NOTES (ACTIVITY, MEDS, DIET)</b>
-------------	-------------	---------------------------	-------------------------------	--------------	---

<b>DATE</b>	<b>TIME</b>	<b>SYSTOLIC (TOP)</b>	<b>DIASTOLIC (BOTTOM)</b>	<b>PULSE</b>	<b>NOTES (ACTIVITY, MEDS, DIET)</b>
-------------	-------------	---------------------------	-------------------------------	--------------	---

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