

BLOOD PRESSURE LOG

Month/Year: _____

Name: _____

Target BP: _____

Physician: _____

DATE	TIME	MORNING READING			EVENING READING			NOTES (MEDICATION, DIET, STRESS)
		SYS	DIA	PULSE	SYS	DIA	PULSE	

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		SYS	DIA	PULSE	SYS	DIA	PULSE	

Reference Levels (AHA Guidelines):

Normal: < 120/80 **Elevated:** 120-129 / < 80 **Hypertension Stage 1:** 130-139 / 80-89 **Hypertension Stage 2:** 140+ / 90+ **Crisis:** 180+ / 120+

Personal Health Record - Confidential Created for Print - Minimalist Series