

BLOOD PRESSURE LOG

Month/Year: _____

Name: _____

Target BP: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (ACTIVITY, MEDS, FEELING)
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (ACTIVITY, MEDS, FEELING)
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Normal: Less than 120/80 **Elevated:** 120-129 / < 80 **Stage 1:** 130-139 / 80-89 **Stage 2:** 140+ / 90+