

BLOOD PRESSURE LOG

Name:

Month/Year:

DATE	TIME	SYSTOLIC (TOP #)	DIASTOLIC (BOTTOM #)	PULSE	NOTES / ACTIVITY
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DATE	TIME	SYSTOLIC (TOP #)	DIASTOLIC (BOTTOM #)	PULSE	NOTES / ACTIVITY
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Target Range Reference: Normal: <120/80 | Elevated: 120-129/<80 | Hypertension Stage 1: 130-139/80-89 | Stage 2: 140+/90+