

BLOOD PRESSURE LOG

Clinical Monitoring Record

Target: < 120/80 mmHg

PATIENT NAME

Jane Doe

MONTH / YEAR

October 2023

DATE / TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE (BPM)	NOTES (ACTIVITY, MEDICATIONS, SYMPTOMS)
Oct 01 / 08:30 AM	118	76	68	Resting, pre-breakfast
Oct 01 / 07:00 PM	122	80	72	Post-dinner, felt slightly tired
Oct 02 / 08:45 AM	115	75	65	Morning dose of medication taken

DATE / TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE (BPM)	NOTES (ACTIVITY, MEDICATIONS, SYMPTOMS)
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Normal: < 120/80 **Elevated:** 120-129 / < 80 **Hypertension Stage 1:** 130-139 / 80-89 **Hypertension Stage 2:** 140+ / 90+