

BLOOD PRESSURE LOG

Period: _____

Name: _____

Date of Birth: _____

Physician: _____

200180160140120100806040

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE (BPM)	NOTES (ACTIVITY, STRESS, ETC.)
2023-10-01	08:30 AM	122	82	72	After morning coffee
2023-10-01	08:00 PM	118	78	68	Resting

Normal: < 120/80

Elevated: 120-129 / < 80

Hypertension: > 130 / > 80