

BLOOD PRESSURE LOG

Month/Year: _____

Name: _____

Target Range: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES/MEDICATION
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES/MEDICATION
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Normal: Under 120/80
Elevated: 120-129/80
High: 130+/80+