

BLOOD PRESSURE LOG

Target:

Name: _____

Month/Year: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE (BPM)	NOTES (ACTIVITY, MOOD, DIET)
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE (BPM)	NOTES (ACTIVITY, MOOD, DIET)
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* Normal: Less than 120/80 mmHg Created for personal health tracking