

BLOOD PRESSURE LOG

Name:

Month/Year:

DATE	MORNING (AM)			EVENING (PM)			NOTES / MEDICATION
	SYS	DIA	PULSE	SYS	DIA	PULSE	

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	SYS	DIA	PULSE	SYS	DIA	PULSE	

Target Range: Less than 120/80 mmHg. Consult your doctor for personal targets.