

# BLOOD PRESSURE LOG

Name:

Month/Year:

DATE	TIME	SYSTOLIC (UPPER)	DIASTOLIC (LOWER)	PULSE (BPM)	NOTES (ACTIVITY, MOOD, MEDICATION)
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<b>DATE</b>	<b>TIME</b>	<b>SYSTOLIC (UPPER)</b>	<b>DIASTOLIC (LOWER)</b>	<b>PULSE (BPM)</b>	<b>NOTES (ACTIVITY, MOOD, MEDICATION)</b>
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**Normal:** Under 120/80  
**Elevated:** 120-129 / Under 80  
**Stage 1:** 130-139 / 80-89  
**Stage 2:** 140+ / 90+  
**Crisis:** 180+ / 120+