

SENIOR HEALTH TRACKER

Blood Pressure Log

Month/Year: _____

Name: _____

Target BP: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES
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Normal: Under 120/80 mmHg

Elevated: 120-129 /

Hypertension: 130+ / 80+

Note: This chart is for personal tracking. Always consult with your healthcare provider regarding your readings.