

BLOOD PRESSURE LOG

Month/Year: _____

Name: _____

Target Range: _____

**DATE /
TIME**

SYSTOLIC (TOP)

DIASTOLIC (BOTTOM)

PULSE

**NOTES
(ACTIVITY, DIET,
MEDS)**

**DATE /
TIME**

SYSTOLIC (TOP)

DIASTOLIC (BOTTOM)

PULSE

**NOTES
(ACTIVITY, DIET,
MEDS)**

Normal: Less than 120/80
Elevated: 120-129 / < 80
Stage 1: 130-139 / 80-89
Stage 2: 140+ / 90+