

# BLOOD PRESSURE LOG

Week of: \_\_\_\_\_

Name: \_\_\_\_\_

Target BP: \_\_\_\_\_

DAY OF WEEK	MORNING (AM)			EVENING (PM)		
	SYS/DIA	PULSE	NOTES	SYS/DIA	PULSE	NOTES
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday</b>						

## WEEKLY SUMMARY / PHYSICIAN COMMENTS:

Normal: Less than 120/80 mmHg Elevated: 120-129 / < 80 mmHg Hypertension: 130+/80+ mmHg