

BP LOG

Name: _____ Month/Year: _____

		Blood Pressure		Pulse	Notes (Activity, Meds, Stress)
Date	Time	Systolic	Diastolic		

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