

Comprehensive Monthly Tracking Sheet

Name: _____
Target BP: _____
Medication: _____
Doctor: _____

Date	Time	AM Reading		PM Reading		Notes (Mood, Salt, Activity, Stress)
		Systolic/Diastolic	Pulse	Systolic/Diastolic	Pulse	

Date	Time	AM Reading		PM Reading		Notes (Mood, Salt, Activity, Stress)
		Systolic/Diastolic	Pulse	Systolic/Diastolic	Pulse	

NORMAL

Sys: < 120

Dia: < 80

ELEVATED

Sys: 120-129

Dia: < 80

HYPERTENSION (S1)

Sys: 130-139

Dia: 80-89

HYPERTENSION (S2)

Sys: 140+

Dia: 90+

Disclaimer: This chart is for tracking purposes only. Consult a healthcare professional for medical diagnosis and treatment.