

BLOOD PRESSURE LOG

Month/Year: _____

Name: _____

Target Range: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (MEDICATION, ACTIVITY, STRESS)
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (MEDICATION, ACTIVITY, STRESS)
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Normal: Under 120/80 **Elevated:** 120-129 / Under 80 **Hypertension Stage 1:** 130-139 / 80-89
Stage 2: 140+ / 90+