

Daily Health Monitoring Record

Name: _____

Month/Year: _____

DATE	TIME	SYSTOLIC (TOP #)	DIASTOLIC (BOTTOM #)	PULSE (BPM)	NOTES (MEDICATION, STRESS, ACTIVITY)
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AHA Blood Pressure Categories:

Normal: < 120 / < 80

Elevated: 120-129 / < 80

Hypertension Stage 1: 130-139 / 80-89

Hypertension Stage 2: 140+ / 90+

* Always follow the advice of your healthcare professional. In case of a hypertensive crisis (180/120+), contact emergency services immediately.