

BLOOD PRESSURE LOG

Name: _____

Month/Year: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (ACTIVITY, MEDS, DIET)
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (ACTIVITY, MEDS, DIET)
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Normal

< 120 / < 80

Elevated

120-129 / < 80

Stage 1

130-139 / 80-89

Stage 2

140+ / 90+