

BLOOD PRESSURE LOG

Month/Year: _____
Name: _____
Target BP: _____

DATE	MORNING (AM)			EVENING (PM)		
	TIME	SYS/DIA	PULSE	TIME	SYS/DIA	PULSE

Notes & Medications:
Normal: Under 120/80 | Elevated: 120-129 / Under 80 | Hypertension Stage 1: 130-139 / 80-89