

BLOOD PRESSURE LOG

MEDICAL RECORD CHART

PATIENT NAME

DATE OF BIRTH

PHYSICIAN

TARGET RANGE

DATE / TIME	READING (MMHG)		PULSE (BPM)	NOTES (MEDICATION, ACTIVITY, ETC.)
	SYSTOLIC	DIASTOLIC		

DATE / TIME	READING (MMHG)		PULSE (BPM)	NOTES (MEDICATION, ACTIVITY, ETC.)
	SYSTOLIC	DIASTOLIC		

Instructions: Take readings at the same time each day, preferably morning and evening. Rest for 5 minutes before measuring.