

BLOOD PRESSURE LOG

Target: _____ / _____ mmHg
Name: _____
Month/Year: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (ACTIVITY, STRESS, DIET)
------	------	-------------------	-----------------------	-------	--------------------------------

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (ACTIVITY, STRESS, DIET)
------	------	-------------------	-----------------------	-------	--------------------------------

NORMAL Less than 120 / 80

ELEVATED 120-129 / < 80

STAGE 1 130-139 / 80-89

STAGE 2 140+ / 90+

*Consult a medical professional for clinical interpretation of these results.