

BLOOD PRESSURE LOG

Name:
Month/Year:
Target: 120/80

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (MEDICATION, ACTIVITY, DIET)
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES (MEDICATION, ACTIVITY, DIET)
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Normal: Less than 120/80
Elevated: 120-129 / < 80
Hypertension Stage 1: 130-139 / 80-89
Hypertension Stage 2: 140+ / 90+

Disclaimer: This log is for personal tracking. Consult a healthcare professional for medical diagnosis and treatment plans.