

BLOOD PRESSURE LOG

Target Range: _____ / _____

Name: _____ Month: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE (BPM)	NOTES (MEDICATION, ACTIVITY, DIET)
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE (BPM)	NOTES (MEDICATION, ACTIVITY, DIET)
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Normal: Under 120/80

Elevated: 120-129 / < 80

High (Stage 1): 130-139 / 80-89

Seek Medical Advice if consistently high

Instructions: Sit quietly for 5 minutes before measuring. Keep feet flat on the floor and arm at heart level. Avoid caffeine or exercise 30 minutes prior to reading.