

BLOOD PRESSURE LOG

Name: _____ Month/Year: _____

DATE	TIME	SYS (TOP)	DIA (BOTTOM)	PULSE	NOTES (MEDICATION, ACTIVITY, STRESS)
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Normal: < 120/80 | Elevated: 120-129/< 80 | Hypertension Stage 1: 130-139/80-89 Ref: AHA Guidelines