

BLOOD PRESSURE LOG

Name:

Month/Year:

BLOOD PRESSURE					
DATE	TIME	BLOOD PRESSURE		PULSE (BPM)	NOTES (ACTIVITY, MOOD, ETC.)
		SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)		

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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE (BPM)	

Note: Normal Blood Pressure is typically considered less than 120/80 mmHg. Consult your physician for personalized targets.