

BLOOD PRESSURE LOG

Clinical Monitoring Chart

Month/Year: _____

Name: _____

Target BP: _____

DATE	TIME	SYSTOLIC (UPPER)	DIASTOLIC (LOWER)	PULSE (BPM)	NOTES (ACTIVITY, STRESS, DIET)
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DATE	TIME	SYSTOLIC (UPPER)	DIASTOLIC (LOWER)	PULSE (BPM)	NOTES (ACTIVITY, STRESS, DIET)
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Normal: Under 120/80

Elevated: 120-129 / Under 80

Hypertension Stage 1: 130-139 / 80-89

Hypertension Stage 2: 140+ / 90+

This log is for personal tracking. Please consult with a healthcare professional regarding your readings.