

BLOOD PRESSURE LOG

Target: _____ / _____

Name: _____

Month/Year: _____

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES / MEDICATIONS
------	------	-------------------	-----------------------	-------	------------------------

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES / MEDICATIONS
------	------	-------------------	-----------------------	-------	------------------------

* Normal blood pressure is typically considered less than 120/80 mmHg. Consult your physician for your specific target ranges.