

BLOOD PRESSURE LOG

Name:

Month/Year:

DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES / ACTIVITY
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DATE	TIME	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	PULSE	NOTES / ACTIVITY
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Target Guidelines: Normal: Less than 120/80 mmHg | Elevated: 120-129 /
**Always consult with your healthcare provider regarding your personal target readings.*