









# BLOOD PRESSURE LOG

NAME: \_\_\_\_\_

Date	AM		PM		Notes
	Blood pressure	Pulse	Blood pressure	Pulse	

<b>BLOOD PRESSURE CATEGORY</b>	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)	
NORMAL BLOOD PRESSURE	LESS THAN 120	and	LESS THAN 80	
ELEVATED	120 – 129	and	LESS THAN 80	
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89	
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER	
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120	











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<b>ELEVATED</b>	<b>120 - 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 - 139</b>	<b>or</b>	<b>80 - 89</b>
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