

BLOOD PRESSURE LOG & CHART

Your Name: _____

Blood Pressure (BP) Goal: _____

USE THIS BP LOG TO TRACK YOUR BLOOD PRESSURE NUMBERS. REMEMBER TO:

- Check your blood pressure at the same time each day.
- Record the date, time, and your readings in the space provided.
- Take this log with you to each appointment and let your health care professional review the numbers.
- Avoid caffeine, food, alcohol, and tobacco for at least 30 minutes before taking your BP reading.

BLOOD PRESSURE CHART			
Blood pressure	SYSTOLIC (top number)		DIASTOLIC (bottom number)
LOW*	less than 90	OR	less than 60
NORMAL	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*** (seek medical help)	higher than 180	AND/OR	higher than 120

WEEK 1

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
		/		
		/		
		/		
		/		
		/		
		/		
		/		

WEEK 2

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
		/		
		/		
		/		
		/		
		/		
		/		
		/		

WEEK 3

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
		/		
		/		
		/		
		/		
		/		
		/		
		/		

WEEK 4

TIME	DATE	READING (example: 140/80)	TAKEN MEDICATION?	TIME MED. TAKEN
		/		
		/		
		/		
		/		
		/		
		/		
		/		

Home monitoring does not replace visits to your health care professional.

Please see **IMPORTANT WARNING**, for blood pressure chart on the next page.

IMPORTANT SAFETY INFORMATION

* If you are experiencing symptoms such as dizziness, headaches, or an abnormal heart rate in conjunction with a low blood pressure reading, you should speak to your doctor.

** You should only spend up to 24 hours in this range. If your blood pressure stays high for more than 24 hours, you might have chronic hypertension.

*** If your blood pressure is very high (180/120), you need to get medical help right away. This could lead to a stroke or heart attack if left untreated.