

Blood Pressure Log

Track your blood pressure readings and share with your healthcare provider

Name: _____

Doctor: _____

Date of Birth: _____

Phone: _____

[illegible]

Date	Time	Systolic (upper)	Diastolic (lower)	Pulse (bpm)	Notes

Blood Pressure Classification (WHO Guidelines)

Category	Systolic (mmHg)	Diastolic (mmHg)
Optimal	< 120	< 80
Normal	120-129	80-84
High-Normal	130-139	85-89
Hypertension Stage 1	140-159	90-99
Hypertension Stage 2	160-179	100-109
Hypertension Stage 3	"e 1 8 0	"e 1 1 0