

## Daily Blood Pressure Log



Name: \_\_\_\_\_

Stage 2 Hypertension:	greater than 160/100
Stage 1 Hypertension:	140/90 to 159/99
Prehypertension:	120/80 to 139/89
Normal:	less than 120/80

Location:	
left arm	LA
right arm	RA

Date	Weekday	Time	Blood Pressure	Heart Rate	Location	Notes
	Sunday					
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
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