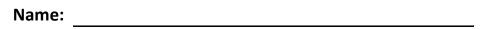
## **Daily Blood Pressure Log**





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

<u>Location:</u>				
left arm	LA			
right arm	RA			

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