

Blood Pressure Log

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Name _____ Dates _____ to _____ Target (per doctor) _____

Date	Morning				Evening				Notes (meds, sleep, stress...)
	Time	Sys	Dia	Pulse	Time	Sys	Dia	Pulse	

Blood pressure categories (American Heart Association)

Category	Systolic (top)		Diastolic (bottom)
Normal	Less than 120	and	Less than 80
Elevated	120 – 129	and	Less than 80
High blood pressure, Stage 1	130 – 139	or	80 – 89
High blood pressure, Stage 2	140 or higher	or	90 or higher
Hypertensive crisis — contact your doctor immediately	Higher than 180	and/or	Higher than 120

For accurate readings: no caffeine, exercise, or smoking for 30 minutes before · sit quietly for 5 minutes first · back supported, feet flat on the floor · cuff on a bare arm at heart level · don't talk during the measurement · take two readings one minute apart and record both.

This log is a record-keeping aid, not a medical device, and does not provide medical advice. Category definitions follow the American Heart Association chart for reference only. Always discuss your readings with your doctor. If a reading is higher than 180 systolic and/or 120 diastolic, wait five minutes and measure again — if it is still that high, contact your doctor immediately; call 911 if you also have symptoms such as chest pain, shortness of breath, or difficulty speaking.