

Home Blood Pressure Log

Name: _____ Date of Birth: _____

Your Goal BP : Less then _____/_____

Normal BP: Less then 120/80

Hypertension stage 1: 130-139 or 80-89

Elevated BP: 120-129/80

Hypertension stage 2: Greater then 140 or 90

Date	Time	BP	Pulse	Comment	Date	Time	BP	Pulse	Comment