

# Home Blood Pressure Log

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Your Goal BP : Less than \_\_\_\_\_/\_\_\_\_\_

Normal BP: Less than 120/80

Hypertension stage 1: 130-139 or 80-89

Elevated BP: 120-129/80

Hypertension stage 2: Greater than 140 or 90

Date	Time	BP	Pulse	Comment	Date	Time	BP	Pulse	Comment