

# BLOOD PRESSURE (BP) LOG



MEDICAL & DENTAL • BEHAVIORAL HEALTH • SOCIAL SERVICES

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

Date	AM		PM		Notes
	BP	Pulse	BP	Pulse	

Blood Pressure Category	Systolic (upper number)	Diastolic (lower number)
Normal	120 or less	80 or less
Hypertension	140 – 159	90 – 99
Moderate/Severe Hypertension	160 and above	100 and above