BLOOD PRESSURE LOG

BloodPressureCalculator.net

Name: _____

Date	Time	Reading	Notes
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	Systolic		Diastolic
NORMAL	< 120	and	< 80
ELEVATED	120-129	and	< 80
HIGH (Stage 1)	130-139	or	80-89
HIGH (Stage 2)	140-180	or	90-120
HYPERTENSION CRISIS	> 180	or	> 120

Measurement Tips

- Take readings at different times of day
- No smoking/alcohol/exercise 30 min. prior
- Take at least two readings each time

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