BLOOD PRESSURE LOG

LEVEL OF SEVERITY	SYSTOLIC	DIASTOLIC
NORMAL	LESS THAN 120	LESS THAN 80
ELEVATED	120-129	LESS THAN 80
HIGH BLOOD PRESSURE (STAGE 1)	130-139	80-89
HIGH BLOOD PRESSURE (STAGE 2)	>140	>90
HYPERTENSIVE CRISIS (CONSULT YOUR PROVIDER IMMEDIATELY)	>180	>120

DATE	TIME	SYSTOLIC (UPPER)	DIASTOLIC (LOWER)	HEART RATE	NOTES