Blood Pressure Log Sheet

Name: **Age:**

Target Blood Pressure:

SYSTOLIC	DIASTOLIC

DATE	AM	PM	PULSE	DATE	AM	PM	PULSE

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Blood Pressure Log

Name: **Age:**

Target Blood Pressure:

SYSTOLIC	DIASTOLIC

DATE	AM	PM	PULSE	DATE	AM	PM	PULSE

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My Daily Blood Pressure and Weight Log:

DATE	DAILY WEIGHT	DAILY BLOOD PRESSURE	DAILY HEART RATE	DAILY ACTIVITIES	NOTES
SUNDAY ____/____		___/___			
MONDAY ____/____		___/___			
TUESDAY ____/____		___/___			
WEDNESDAY ____/____		___/___			
THURSDAY ____/____		___/___			
FRIDAY ____/____		___/___			
SATURDAY ____/____		___/___			
SUNDAY ____/____		___/___			
MONDAY ____/____		___/___			
TUESDAY ____/____		___/___			
WEDNESDAY ____/____		___/___			
THURSDAY ____/____		___/___			
FRIDAY ____/____		___/___			
SATURDAY ____/____		___/___			

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BLOOD PRESSURE LOG

NAME: _____ MONTH: _____

DAY	TIME	SYSTOLIC (UPPER)	DIASTOLIC (LOWER)	HEART RATE	NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

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BLOOD PRESSURE TRACKER SHEET

	sbp	dbp
Target		

Date	Time	sbp	dbp	bpm	notes

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Blood Pressure Log

Level of Severity	Systolic	Diastolic
Normal		
Mild		
Moderate		
Severe		

Name

Date	AM		Pulse		Remarks
	Blood Pressure	Pulse	Blood Pressure	Pulse	

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BLOOD PRESSURE TRACKER

DATE	AM	PM	PULSE	DATE	AM	PM	PULSE

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BLOOD PRESSURE LOG

NAME: _____ MONTH: _____

DATE	SYSTOLIC	DIASTOLIC	TOOK MEDS (Y/N)	NOTES

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BLOOD PRESSURE LOG

Name : . . . . . Sex : . . . . . Age : . . . . . .

DATE	TIME		SYSTOLIC (UPER)	DIASTOLIC (LOWER)	HEART RATE	NOTES
../../202.	AM					
	PM					
../../202.	AM					
	PM					
../../202.	AM					
	PM					
../../202.	AM					
	PM					
../../202.	AM					
	PM					
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../../202.	AM					
	PM					
../../202.	AM					
	PM					
../../202.	AM					
	PM					

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Blood Pressure Log

	SBP	DBP
Target		

Date	Time	SBP	DBP	BPM	Notes

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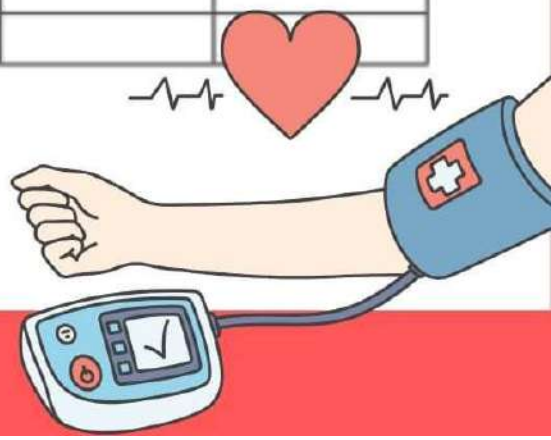
My Blood Pressure Log

Name: _____

My Blood Pressure Goal: _____ mm Hg

DATE	AM	PM

DATE	AM	PM



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BLOOD PRESSURE LOG

NAME: _____ MONTH: _____

DAY	TIME	SYSTOLIC (UPPER)	DIASTOLIC (LOWER)	HEART RATE	NOTES
1					
2					
3					
4					
5					
6					
7					
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31					

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